



ORANGE AND CARDAMOM BAKED SALMON AND PRAWN

Makes

2

portions

Time

45

mins

Level

MEDIUM

Kcal

606

per portion

You will need

1 x Jaffa Orange
6 x Fresh King Prawns
2 x Dates (Pitted)
1/4 x TSP Ground Cardamom
2 x TBSP Maple Syrup
2 x TBSP Chia Seeds
500g Salmon (Filletted and De-boned)
Seasoning

MAKE YOUR OWN
#JAFFAJOY

Our step by step guide

Step 1

Preheat oven to fan-assisted 180°C

Step 2

Juice the Jaffa orange and zest

Step 3

In a small bowl, mix together the Jaffa orange juice, maple syrup, Jaffa orange zest and cardamom

Step 4

To marinate the salmon, place it skin side down in an oven tray and brush over the Jaffa orange and cardamom mixture

Step 5

Repeat this process for the prawns but set aside

Step 6

Bake the salmon for 10-15 minutes

Step 7

Add the prawns halfway through as they take less time to cook

Step 8

Serve with a side of your choice or flaked up into a salad

Step 9

Enjoy!

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