



Jaffa Orange and Cardamom Baked Salmon and Prawn

MAKES **2**

TIME **45** MINUTES

LEVEL **Medium**

CALORIES **606** PER PORTION

Our step-by-step guide

Step 1

Preheat oven to fan-assisted 180°C

Step 2

Juice the Jaffa Juicy Orange and zest

Step 3

In a small bowl, mix the Jaffa Juicy Orange juice, maple syrup, Jaffa Juicy Orange zest and cardamom

Step 4

To marinate the salmon, place it skin side down in an oven tray and brush over the Jaffa Juicy 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!

You will need

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



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