

## Sheet-Pan Salmon with Spiced Chickpeas & Butternut Squash

Servings: 2 | Prep Time: 15 min | Cook Time: 25–30 min

### Ingredients

- 160 g canned chickpeas, drained and rinsed
- 350 g butternut squash (peeled, seeded, cubed 2–3 cm pieces)
- 1 small red onion, sliced into wedges
- 1½ tbsp olive oil
- ½ tsp ground cumin
- ½ tsp ground coriander
- ¼ tsp smoked paprika
- ⅛ tsp cinnamon
- ¼ tsp ground black pepper
- ¼ tsp salt (or to taste)
- 1 tbsp honey + ½ tsp balsamic vinegar (drizzle at end)
- 1 x 232 g fresh salmon fillet (Atlantic), skin-on or skinless
- Olive oil and pinch of salt for salmon



### Herby Yogurt Sauce

- 100 g plain Greek yogurt
  - 1 tbsp olive oil
  - 1 tbsp lemon juice
  - 1 tsp lemon zest
  - 1 clove garlic, grated
  - 2 tbsp chopped parsley (or cilantro)
  - Pinch of salt and pepper
- Mix until smooth and chill until serving.

### Instructions

1. Preheat oven to **220°C**. Line a large sheet pan with parchment paper.
2. In a bowl, toss **squash, chickpeas, and onion** with **1½ T olive oil, cumin, coriander, paprika, cinnamon, pepper**, and salt.
3. Spread vegetables on the pan in an even layer and **roast for 15 minutes** on the lower rack.
4. Pat **salmon** dry, rub with **olive oil**, and season lightly with **salt and pepper**.
5. After the first 15 minutes, remove the tray, push the vegetables to one side, and place the salmon fillet on the other side.
6. Return to oven and **roast another 10–12 minutes** (thicker salmon may take up to 14 minutes).
7. Check that the salmon flakes easily. Remove tray, drizzle **honey–balsamic mix** over the vegetables, and **rest for 2–3 minutes**.
8. Serve salmon alongside the chickpeas and squash with a generous spoonful of herby yogurt sauce.

### Nutrition (per serving, with yogurt sauce)

Kcal: ~490 | Protein: ~38 g | Fat: ~20 g | Sat. Fat: ~4 g | Carbs: ~38 g | Sugars: ~13 g | Fiber: ~8 g | Sodium: ~380 mg | Omega-3: ~1.8 g