

30 DAY #STRESSAWARENESS CHALLENGE

Healthy
Hounslow

Beezee
by maximus

IN SUPPORT OF NATIONAL STRESS AWARENESS MONTH, WE'RE HERE TO HELP YOU BY SHARING A STRESS-SOOTHING RECIPE: SALMON & RAINBOW VEG TRAY BAKE. A SIMPLE, NUTRITIOUS MEAL TO SUPPORT YOUR BODY AND MIND.

THIS COLOURFUL TRAYBAKE IS PACKED WITH OMEGA-3 FATS, FIBRE, AND STRESS-FIGHTING NUTRIENTS. EASY TO PREP, MINIMAL WASHING UP, AND FULL OF FLAVOUR!



INGREDIENTS:

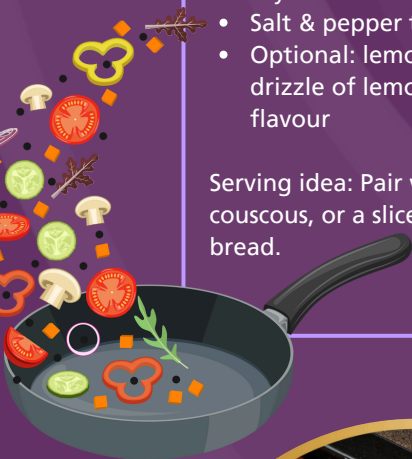
Ingredients (Serves 2):

- 2 salmon fillets (fresh or frozen, skin on or off)
- 1 red pepper, sliced
- 1 courgette (zucchini), chopped
- 1 red onion, sliced
- A handful of cherry tomatoes (leave whole)
- 1 tbsp olive oil
- 1 tsp dried herbs (e.g. oregano, thyme or mixed herbs)
- Salt & pepper to taste
- Optional: lemon slices or a drizzle of lemon juice for extra flavour

Serving idea: Pair with brown rice, couscous, or a slice of wholegrain bread.

METHOD:

1. Preheat the oven to 200°C (180°C fan) / 400°F / Gas Mark 6.
2. Prepare the vegetables:
 - Chop pepper, courgette, and red onion into bite-sized pieces.
 - Spread out on a baking tray lined with foil or baking paper.
 - Add cherry tomatoes whole.
3. Season and oil:
 - Drizzle olive oil over the veg.
 - Sprinkle with dried herbs, salt and pepper.
 - Toss everything gently to coat.
4. Add the salmon:
 - Place fillets skin side down on top of the vegetables.
 - Add a slice of lemon or a drizzle of lemon juice if using.
5. Bake for 20–25 minutes:
 - The salmon should be firm and flake easily with a fork.
 - Veggies should be tender and slightly golden.
6. Serve and enjoy:
 - Plate up with your chosen side, or enjoy on its own as a low-carb option



WHY IT HELPS WITH STRESS:

SALMON = RICH IN OMEGA-3S, LINKED TO REDUCED ANXIETY AND BETTER BRAIN HEALTH.

VEGGIES = FULL OF ANTIOXIDANTS THAT HELP FIGHT THE EFFECTS OF STRESS.

WHOLEGRAINS (OPTIONAL SIDE) = HELP STABILISE BLOOD SUGAR AND ENERGY.

PREP TIME: 10 MINS

COOK TIME: 20–25 MINS

ONE TRAY = LESS WASHING UP!