Recovering a deleted a Zoom cloud recording

How can I recover a cloud recording Zoom has moved to the trash?

Please see Recovering a deleted meeting or webinar in the Zoom Help Center.

Zoom holds recordings in the trash for 30 days. After 30 days in the trash, Zoom will delete a cloud recording permanently. Once permanently deleted from the trash, a recording cannot be recovered.

Seven (7) days before it permanently deletes a recording from the trash, Zoom will email you a warning message.