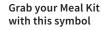


Pan-Fried Salmon & Herby Sweet Potatoes

with Steamed Veggies & Mayo

NEW

















Mayonnaise

Green Beans

Garlic & Herb Seasoning





Salmon





Prep in: 20-30 mins Ready in: 30-40 mins

Some prefer salmon oven-roasted and others like it pan-fried, but either way, you've got a winner dinner when salmon is involved. Pair tonight's herby salmon with some steamed veg, garlicky sweet potatoes and some mayonnaise on the side.



Pantry items Olive Oil, Butter

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
sweet potato	2	4		
carrot	1	2		
green beans	1 medium bag	2 medium bags		
butter*	20g	40g		
garlic & herb seasoning	1 medium sachet	2 medium sachets OR 1 large sachet		
salmon	1 small packet	2 small packets OR 1 large packet		
mayonnaise	1 packet (40g)	1 packet (80g)		
chicken breast**	1 small packet	2 small packets OR 1 large packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2921kJ (698Cal)	550kJ (131Cal)
Protein (g)	35.4g	6.7g
Fat, total (g)	44.2g	8.3g
- saturated (g)	10.5g	2g
Carbohydrate (g)	40.7g	7.7g
- sugars (g)	18.6g	3.5g
Sodium (mg)	643mg	121mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2416kJ (577Cal)	434kJ (104Cal)
Protein (g)	40.8g	7.3g
Fat, total (g)	28.6g	5.1g
- saturated (g)	8.4g	1.5g
Carbohydrate (g)	39.5g	7.1g
- sugars (g)	18.6g	3.3g
Sodium (mg)	671mg	121mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- · Boil the kettle. Half-fill a medium saucepan with boiling water, then add a generous pinch of salt.
- Peel and cut **sweet potato** into bite-sized pieces.
- · Thinly slice carrot into sticks.
- · Trim green beans.

TIP: Save time and get more fibre by leaving the sweet potato unpeeled.



Cook the veggies

- · Cook sweet potato in the boiling water until easily pierced with a fork, 12-15 minutes.
- In the last 8 minutes of cook time, place a colander or steamer basket on top and add carrot and green beans. Cover and steam until veggies are tender and sweet potatoes can be easily pierced with a fork, 7-8 minutes.
- Transfer carrot and green beans to a bowl. Season and cover to keep warm.



Make the herby potatoes

- Drain sweet potato.
- Return saucepan to medium-high heat with the **butter** and a drizzle of **olive oil**. Cook half the garlic & herb seasoning until fragrant, 1 minute.
- Remove from heat and return sweet potato to pan, tossing to coat.



Prep the salmon

- While veggies are steaming, pat salmon dry with a paper towel.
- In a medium bowl, combine remaining garlic & herb seasoning and a drizzle of olive oil. Add **salmon**, gently turn to coat.

Custom Recipe: If you've swapped to chicken breast, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks. Season chicken as above.



Cook the salmon

- In a large frying pan, heat a drizzle of olive oil over medium-high heat.
- When oil is hot, cook salmon, skin-side down first, until just cooked through, **2-4 minutes** each side.

TIP: Patting the skin dry helps it crisp up in the pan!

Custom Recipe: Heat pan as above. Cook chicken steaks until cooked through (when no longer pink inside), 3-6 minutes each side (cook in batches if your pan is getting crowded).



Serve up

- Divide pan-fried salmon, herby sweet potatoes and steamed veggies between plates.
- · Serve with mayonnaise. Enjoy!



2023 | CW37



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