



# Pan-Fried Salmon & Herby Sweet Potatoes

with Steamed Veggies & Mayo

NEW

Grab your Meal Kit with this symbol



Sweet Potato



Carrot



Green Beans



Garlic & Herb Seasoning



Salmon



Mayonnaise



Chicken Breast

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

Eat Me First

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.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### 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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweet potato	2	4
carrot	1	2
green beans	1 medium bag	2 medium bags
<b>butter*</b>	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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



## 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.



## 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 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.



## 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).



## 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.



## Serve up

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

## Rate your recipe

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