



Herb-Crusted Salmon & Parmesan Mash

with Sautéed Veggies & Garlic Aioli

Grab your Meal Kit with this symbol



Potato



Parmesan Cheese



Garlic



Herb Crumbing Mix



Salmon



Zucchini



Carrot



Garlic Aioli



Chicken Breast

Prep in: 20-30 mins
Ready in: 25-35 mins

Eat Me First

Salmon is such a versatile protein. There's no need to serve it plain when you have our herb crumbing mix and some sharp Parmesan handy for a speedy dinner that's deliciously different!

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

Pantry items

Olive Oil, Butter, Milk, Honey

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

Large saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	Refer to method	Refer to method
potato	2	4
Parmesan cheese	1 medium packet	1 large packet
butter*	40g	80g
milk*	2 tbs	¼ cup
garlic	1 clove	2 cloves
herb crumbing mix	½ medium packet	1 medium packet
salmon	1 small packet	2 small packets OR 1 large packet
zucchini	1	2
carrot	1	2
honey*	½ tsp	1 tsp
garlic aioli	1 medium packet	1 large packet
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3146kJ (752Cal)	707kJ (169Cal)
Protein (g)	41.7g	9.4g
Fat, total (g)	35.7g	8g
- saturated (g)	8.7g	2g
Carbohydrate (g)	51g	11.5g
- sugars (g)	22.8g	5.1g
Sodium (mg)	814mg	183mg
Dietary Fibre (g)	27.3g	6.1g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2616kJ (625Cal)	557kJ (133Cal)
Protein (g)	46.6g	9.9g
Fat, total (g)	20g	4.3g
- saturated (g)	6.5g	1.4g
Carbohydrate (g)	48.7g	10.4g
- sugars (g)	22.8g	4.9g
Sodium (mg)	859mg	183mg

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.

We're here to help!

Scan here if you have any questions or concerns



1



Make the mash

- Preheat oven to **220°C/200°C fan-forced**. Bring a medium saucepan of salted water to the boil.
- Peel **potato** and cut into large chunks. Cook in the boiling water until easily pierced with a knife, **12-15 minutes**. Drain and return to pan.
- Add **Parmesan cheese**, the **butter** and the **milk** to the potato. Season generously with **salt**, then mash.

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

3



Cook the veggies

- While salmon is baking, thinly slice **zucchini** and **carrot** into rounds.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **zucchini** and **carrot**, tossing, until softened, **6-7 minutes**. Add **garlic** and cook until fragrant, **1 minute**.
- Season, then add the **honey**, tossing veggies to coat. Remove from heat.

2



Bake the salmon

- While potato is cooking, finely chop **garlic** and set aside.
- In a small bowl, combine **herb crumbing mix** (see ingredients) and a generous drizzle of **olive oil** in a small bowl. Season with **salt** and **pepper**. Stir to combine.
- Pat **salmon** dry with paper towel, then place, skin-side down, on a lined oven tray. Lightly coat or spray **salmon** with **olive oil**. Spoon crust mixture on top, gently (some of the crust mixture will fall off, don't worry, you'll use it later!). Bake until **salmon** is just cooked through, **8-12 minutes**.

Custom Recipe: If you've swapped to chicken breast, prepare crust mixture as above. In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken until browned, 2 minutes each side. Transfer chicken to a lined oven tray, spoon crust mixture on top and bake until cooked through (when no longer pink inside), 12-14 minutes.

4



Serve up

- Divide herb-crusted salmon, sautéed veggies and mash between plates.
- Spoon any excess crumb from the tray over salmon.
- Serve with **garlic aioli**. Enjoy!

Custom Recipe: Divide herb-crusted chicken between plates.

Rate your recipe

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