



# Aussie-Spiced Salmon & Veggie Fries

with Tomato & Baby Spinach Salad

Grab your Meal Kit with this symbol



Potato



Zucchini



Carrot



Aussie Spice Blend



Salmon



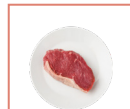
Tomato



Baby Spinach Leaves



Mayonnaise

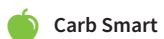


Beef Rump

### Recipe Update

Unfortunately, some of this week's ingredients were in short supply. As such, what you receive may be slightly different to what is pictured. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 15-25 mins  
Ready in: 35-45 mins



Carb Smart

Eat Me First

Salmon's rich flavour stands up well to our Aussie spice blend, which has hints of paprika, rosemary, lemon and pepper. Sear the spiced salmon in the pan for a lovely char and serve with some colourful sides, including a fun twist on fries to keep the carbs down.

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

### Pantry items

Olive Oil, Balsamic Vinegar



## 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

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	1	2
zucchini	1	2
carrot	1	2
Aussie spice blend	1 medium sachet	2 medium sachets
salmon	1 small packet	2 small packets OR 1 large packet
tomato	1	2
<b>balsamic vinegar*</b>	drizzle	drizzle
baby spinach leaves	1 small bag	1 medium bag
mayonnaise	1 packet (40g)	1 packet (80g)
beef rump**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2125kJ (508Cal)	428kJ (102Cal)
Protein (g)	35.1g	7.1g
Fat, total (g)	31.1g	6.3g
- saturated (g)	4.4g	0.9g
Carbohydrate (g)	21.4g	4.3g
- sugars (g)	9g	1.8g
Sodium (mg)	643mg	129mg
Dietary Fibre (g)	7.3g	1.4g

## Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1585kJ (379Cal)	293kJ (70Cal)
Protein (g)	37.4g	6.9g
Fat, total (g)	15g	2.8g
- saturated (g)	2.3g	0.4g
Carbohydrate (g)	22.5g	4.2g
- sugars (g)	11.2g	2.1g
Sodium (mg)	679mg	125mg
Dietary Fibre (g)	7.3g	1.3g

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.

1



## Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato**, **zucchini** and **carrot** into fries. Place **fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and sprinkle with half the **Aussie spice blend**. Toss to coat.
- Bake until tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide the veggie fries between two trays.

3



## Make the salad

- Thinly slice the **tomato** into thin wedges.
- In a medium bowl, combine a drizzle of the **balsamic vinegar** and **olive oil**. Season, then add the **tomato** and **baby spinach leaves**. Toss to coat.

2



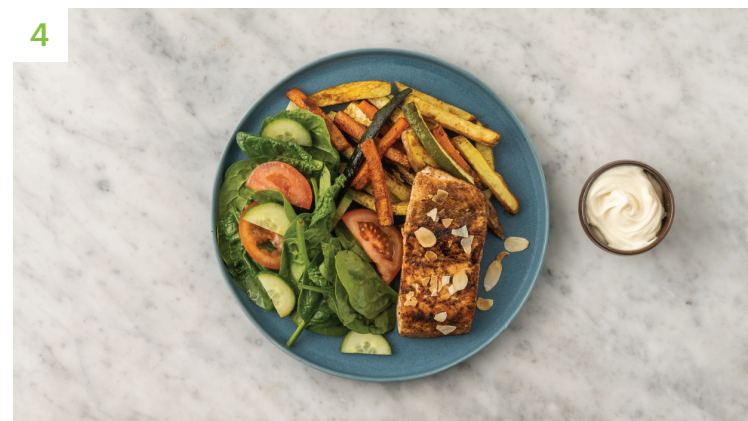
## Cook the salmon

- Meanwhile, combine a drizzle of **olive oil** and remaining **Aussie spice blend** in a medium bowl. Add **salmon**, gently turning to coat.
- When fries have **10 minutes** remaining, heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Cook **salmon**, skin-side down first, until just cooked through, **2-4 minutes** each side (depending on thickness).

**TIP:** The spice blend will char in the pan, this adds to the flavour!

**Custom Recipe:** Place beef rump between two sheets of baking paper. Pound beef with a rolling pin until slightly flattened. Season beef as above. In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook the beef, turning, for 3-6 minutes (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.

4



## Serve up

- Divide Aussie-spiced salmon, veggie fries and garden salad between plates.
- Serve with **mayonnaise**. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)