



# 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**

**1** 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
<b>olive oil*</b>	Refer to method	Refer to method
potato	2	4
Parmesan cheese	1 medium packet	1 large packet
<b>butter*</b>	40g	80g
<b>milk*</b>	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
<b>honey*</b>	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](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



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!).

**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

Did we make your tastebuds happy?

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