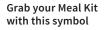


# Crumbed Salmon & Roast Potato Rounds

with Pear Salad & Dill-Parsley Mayo

NEW

KID FRIENDLY













Panko Breadcrumbs





Lemon Pepper Seasoning





Salmon

Mixed Salad



Dill & Parsley Mayonnaise





Prep in: 20-30 mins Ready in: 35-45 mins Eat Me First

Crusted salmon, potato rounds and a bright pear salad - what more could you want when your dinner is this good and this easy!

Olive Oil, Vinegar (White Wine or Balsamic)

#### 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

Two oven trays lined with baking paper

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
pear	1	2
panko breadcrumbs	½ medium packet	1 medium packet
lemon pepper seasoning	1 medium sachet	2 medium sachets
salmon	1 small packet	2 small packets OR 1 large packet
vinegar* (white wine or balsamic)	drizzle	drizzle
mixed salad leaves	1 medium bag	1 large bag
dill & parsley mayonnaise	1 medium packet	1 large packet
chicken breast**	1 small packet	2 small packets OR 1 large packet

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2951kJ (705Cal)	629kJ (150Cal)
Protein (g)	36.7g	7.8g
Fat, total (g)	42.4g	9g
- saturated (g)	5.7g	1.2g
Carbohydrate (g)	42.4g	9g
- sugars (g)	11.4g	2.4g
Sodium (mg)	456mg	97mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2421kJ (579Cal)	490kJ (117Cal)
Protein (g)	41.5g	8.4g
Fat, total (g)	26.7g	5.4g
- saturated (g)	3.4g	0.7g
Carbohydrate (g)	40.1g	8.1g
- sugars (g)	11.4g	2.3g
Sodium (mg)	501mg	101mg

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

- Preheat oven to 220°C/200°C fan-forced.
- Cut potato into 0.5cm-thick rounds.
- Thinly slice **pear** into wedges.



### Roast the potato rounds

- Place potato on a lined oven tray. Drizzle with olive oil, season with salt and pepper, and toss to coat.
- Spread out in a single layer. Roast until tender, 25-30 minutes.



### Prep the salmon

- Meanwhile, combine panko breadcrumbs (see ingredients), a pinch of salt and a drizzle of olive oil in a small bowl.
- In a shallow bowl, combine lemon pepper seasoning, a generous drizzle of olive oil and a pinch of salt.
- Dip salmon into lemon pepper mixture to coat.
  Place skin-side down on a second lined oven tray.
- Spoon over panko crumb, gently pressing down so it sticks.

**TIP:** Don't worry if some of the crumb falls off, you'll use it later!

**Custom Recipe:** If you've swapped to chicken breast, prepare chicken as above.



#### Bake the salmon

• Bake **salmon** until just cooked through and the crumb is slightly golden, **8-12 minutes**.

**Custom Recipe:** Bake chicken until cooked through (when no longer pink inside) and the crumb is slightly golden, 12-16 minutes.



#### Toss the salad

- While the salmon is baking, in a medium bowl, combine a drizzle of the vinegar and olive oil. Season.
- Just before serving, add mixed salad leaves and pear, tossing to coat.



#### Serve up

- Divide roasted potato rounds, crumbed salmon and pear salad between plates.
- Serve with dill & parsley mayonnaise. Enjoy!



Scan here if you have any questions or concerns

2023 | CW42

