



Crumbed Salmon & Roast Potato Rounds

with Pear Salad & Dill-Parsley Mayo

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Pear



Panko Breadcrumbs



Lemon Pepper Seasoning



Salmon



Mixed Salad Leaves



Dill & Parsley Mayonnaise



Chicken Breast

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!

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

Pantry items

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

*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!

We're here to help!

Scan here if you have any questions or concerns



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