



Lemon Pepper Salmon

with Creamy Pesto & Roast Veggie Toss

Grab your Meal Kit with this symbol



Garlic



Red Onion



Capsicum



Carrot



Sweet Potato



Salmon



Lemon Pepper Seasoning



Baby Spinach Leaves



Creamy Pesto Dressing



Chicken Breast

Prep in: 15-25 mins
Ready in: 30-40 mins

Eat Me First

Tonight, our lemon pepper spice blend balances out the lovely richness of the salmon, while hearty roast veggies add a pop of colour and subtle sweetness. Drizzle with some creamy pesto and dig in!

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

Pantry items

Olive Oil

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
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
red onion	1	2
capsicum	1	2
carrot	1	2
sweet potato	2	4
salmon	1 small packet	2 small packets OR 1 large packet
lemon pepper seasoning	½ medium sachet	1 medium sachet
baby spinach leaves	1 small bag	1 medium bag
creamy pesto dressing	1 packet (50g)	1 packet (100g)
chicken breast**	1 small packet	2 small packet OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2912kJ (696Cal)	461kJ (110Cal)
Protein (g)	36g	5.7g
Fat, total (g)	41.7g	6.6g
- saturated (g)	5.8g	0.9g
Carbohydrate (g)	44.4g	7g
- sugars (g)	25.1g	4g
Sodium (mg)	525mg	83mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2408kJ (576Cal)	367kJ (88Cal)
Protein (g)	41.4g	6.3g
Fat, total (g)	26.1g	4g
- saturated (g)	3.7g	0.6g
Carbohydrate (g)	43.2g	6.6g
- sugars (g)	25.1g	3.8g
Sodium (mg)	553mg	84mg

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



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Finely chop **garlic**. Cut **red onion** into thick wedges. Roughly chop **capsicum**. Cut **carrot** and **sweet potato** into bite-sized chunks.
- On a lined oven tray, spread out prepped **veggies** in a single layer. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat.
- Roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the veggies between two trays.

3



Combine the veggies

- In a large bowl, combine **roasted veggies** and **baby spinach leaves**.
- Toss, then season to taste.

2



Cook the salmon

- Meanwhile, pat **salmon** dry with paper towel (this helps the salmon crisp up in the pan!). Combine **lemon pepper seasoning** (see ingredients) and a drizzle of **olive oil** in a medium bowl. Add **salmon**. Season, then turn to coat.
- In a large frying pan, heat a drizzle of **olive oil** over 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: If you've swapped to chicken breast, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks. Season chicken and heat pan as above. Cook chicken steaks, until cooked through (when no longer pink inside), 3-6 minutes each side.

4



Serve up

- Divide roast veggie toss and lemon pepper salmon between plates.
- Drizzle with **creamy pesto dressing** to serve. Enjoy!

Rate your recipe

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