



Easy Aussie Seared Salmon & Dill-Parsley Mayo with Potato Wedges & Zucchini Batons

DIETITIAN APPROVED*

Grab your Meal Kit with this symbol



Potato



Zucchini



Aussie Spice Blend



Cucumber



Salmon



Mixed Salad Leaves



Dill & Parsley Mayonnaise



Chicken Breast

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

Carb Smart

**Custom Recipe is not Dietitian Approved*

Eat Me First

With its rich flavour and delicate texture, salmon stands up well to a good dollop of herby dill and parsley mayo. Bulk up the potato wedges with zucchini to keep things interesting and the carbs in check!

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

Pantry items

Olive Oil, Honey, White Wine 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
olive oil*	refer to method	refer to method
potato	1	2
zucchini	1	2
Aussie spice blend	1 sachet	2 sachets
cucumber	1	2
honey*	½ tsp	1 tsp
white wine vinegar*	drizzle	drizzle
salmon	1 small packet	2 small packets OR 1 large packet
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)	2523kJ (603Cal)	507kJ (121Cal)
Protein (g)	35.5g	7.1g
Fat, total (g)	42.6g	8.6g
- saturated (g)	5.5g	1.1g
Carbohydrate (g)	19.2g	3.9g
- sugars (g)	7.2g	1.4g
Sodium (mg)	554mg	111mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2018kJ (482Cal)	386kJ (92Cal)
Protein (g)	40.9g	7.8g
Fat, total (g)	27g	5.2g
- saturated (g)	3.4g	0.7g
Carbohydrate (g)	18g	3.4g
- sugars (g)	7.2g	1.4g
Sodium (mg)	582mg	111mg

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



Bake the veggies

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

3



Cook the salmon

- 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.
- Meanwhile, to the bowl with the dressing, add **cucumber** and **mixed salad leaves**. Toss to combine.

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

Custom Recipe: Heat pan as above. Cook chicken steaks until cooked through (when no longer pink inside), 3-6 minutes each side (cook in batches if your pan is getting crowded). Continue as above.

2



Get prepped

- Meanwhile, thinly slice **cucumber** into rounds. Set aside.
- In a medium bowl, combine the **honey** and a drizzle of the **white wine vinegar** and **olive oil**. Season, then set aside.
- In a second medium bowl, combine the remaining **Aussie spice blend**, a drizzle of **olive oil** and a pinch of **salt**. Add **salmon**, turning to coat.

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. Combine chicken steaks with spice blend as above.

4



Serve up

- Divide seared salmon, zucchini potato wedges and salad between plates.
- Dollop **dill & parsley mayonnaise** over salmon to serve. Enjoy!

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