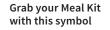
Quick Lemon Pepper Salmon with Warm Dill-Parsley Potato Salad

CUSTOMER FAVOURITE











Dill & Parsley Mayonnaise

Lemon Pepper Seasoning





Salmon



Cucumber



Apple

Leaves





Prep in: 20-30 mins Ready in: 25-35 mins

Eat Me First



All you need is a little pepper and citrus to bring salmon to life, then keep up the good work with a hearty, herby potato salad, plus a cucumber and apple-adorned salad for added texture and to cut through the richness.

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

Medium saucepan with a lid · Large frying pan

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
potato	2	4		
lemon	1/2	1		
salt*	1/4 tsp	½ tsp		
dill & parsley mayonnaise	1 medium packet	1 large packet		
plain flour*	2 tsp	4 tsp		
lemon pepper seasoning	1 medium sachet	2 medium sachets		
salmon	1 small packet	2 small packets OR 1 large packet		
apple	1	2		
cucumber	1	2		
balsamic vinegar*	drizzle	drizzle		
mixed salad leaves	1 small bag	1 medium bag		
slow-cooked pork belly**	1 small packet	2 small packets OR 1 large packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2629kJ (628Cal)	486kJ (116Cal)
Protein (g)	35.5g	6.6g
Fat, total (g)	37.1g	6.9g
- saturated (g)	4.8g	0.9g
Carbohydrate (g)	36.6g	6.8g
- sugars (g)	12.8g	2.4g
Sodium (mg)	696mg	129mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3779kJ (903Cal)	685kJ (164Cal)
Protein (g)	31.9g	5.8g
Fat, total (g)	70.2g	12.7g
- saturated (g)	24g	4.4g
Carbohydrate (g)	35.9g	6.5g
- sugars (g)	12.8g	2.3g
Sodium (mg)	725mg	131mg

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





- Bring a medium saucepan of lightly salted water to the boil. Cut **potato** into bite-sized chunks. Zest **lemon** to get a pinch, then slice into wedges.
- Cook **potato** in the boiling water until easily pierced with a knife, **10-12 minutes**. Drain, then return to saucepan.
- Add a squeeze of lemon juice, the lemon zest, the salt and dill & parsley mayonnaise. Toss until well coated. Cover to keep warm.



Make the green salad

- While the salmon is cooking, thinly slice apple. Thinly slice cucumber into half-moons.
- In a medium bowl, combine a drizzle of olive oil and the balsamic vinegar. Season, then add **cucumber**, **apple** and **mixed salad leaves**. Toss to coat.



Cook the salmon

- While the potato is cooking, combine the plain flour and lemon pepper **seasoning** on a plate. Season with **salt** and **pepper**.
- Pat **salmon** dry, then add to **flour mixture** and turn to coat.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- When oil is hot, cook **salmon**, skin-side down first, until just cooked through, 2-4 minutes each side (depending on thickness).

TIP: Patting the salmon skin dry helps it crisp up in the pan!

Custom Recipe: If you've swapped to pork belly, using a paper towel, pat slow-cooked pork belly and wipe off any excess fat until dry. Cut pork into 2cm chunks. In a large frying pan, cook pork belly (no need for oil) over high heat, tossing, until golden, 8-10 minutes. In the last 2 minutes of cook time, add lemon pepper seasoning to the pan. Transfer to a paper towel-lined plate.



Serve up

- Divide lemon pepper salmon, warm dill-parsley potatoes and the apple salad between plates.
- · Serve with any remaining lemon wedges. Enjoy!

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