



# Quick Lemon Pepper Salmon

with Warm Dill-Parsley Potato Salad

CUSTOMER FAVOURITE

Grab your Meal Kit with this symbol



Potato



Lemon



Dill & Parsley Mayonnaise



Lemon Pepper Seasoning



Salmon



Apple



Cucumber



Mixed Salad Leaves



Slow-Cooked Pork Belly

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

Carb Smart\*  
*\*Custom Recipe is not Carb Smart*

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.

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

### Pantry items

Olive Oil, Plain Flour, Balsamic 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

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
lemon	½	1
<b>salt*</b>	¼ tsp	½ tsp
dill & parsley mayonnaise	1 medium packet	1 large packet
<b>plain flour*</b>	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
<b>balsamic vinegar*</b>	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](https://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



## Make the potato salad

- 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.

3



## 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.

2



## 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.

4



## Serve up

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

## Rate your recipe

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