



Baked Spiced Salmon

with Fries, Garden Fetta Salad & Tartare Sauce

MEDITERRANEAN

DIETITIAN APPROVED*

Grab your Meal Kit with this symbol



Potato



Salmon



Aussie Spice Blend



Tomato



Carrot



Rocket Leaves



Fetta Cubes

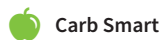


Tartare Sauce



Beef Rump

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



Eat Me First

**Custom Recipe is not Dietitian Approved*

If you're looking to keep the carbs in check, whip up this quick and easy 4-step recipe, that you'll have plated up in no time. Aussie-spiced salmon will become your new favourite combo and paired with golden fries and a tartare-laced garden salad, here you have your new go-to salmon dinner.

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

Pantry items

Olive Oil, Honey, 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
salmon	1 small packet	2 small packets OR 1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
honey*	1 tsp	2 tsp
tomato	1	2
carrot	1	2
rocket leaves	1 small bag	1 medium bag
fetta cubes	1 medium packet	1 large packet
vinegar* (white wine or balsamic)	drizzle	drizzle
tartare sauce	1 medium packet	2 medium packets
beef rump**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2574kJ (615Cal)	520kJ (124Cal)
Protein (g)	36.2g	7.3g
Fat, total (g)	37.9g	7.7g
- saturated (g)	5.7g	1.2g
Carbohydrate (g)	31.8g	6.4g
- sugars (g)	10.5g	2.1g
Sodium (mg)	766mg	155mg
Dietary Fibre (g)	11.1g	2.2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1992kJ (476Cal)	395kJ (94Cal)
Protein (g)	38.3g	7.6g
Fat, total (g)	21.8g	4.3g
- saturated (g)	3.6g	0.7g
Carbohydrate (g)	30.6g	6.1g
- sugars (g)	10.5g	2.1g
Sodium (mg)	785mg	156mg
Dietary Fibre	11.1g	2.2g

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 fries

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into fries.
- Spread **fries** over a large microwave-safe plate. Cover with a damp paper towel. Microwave **fries** on high, **4 minutes**.
- Drain any excess liquid, then place **fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then bake until golden and tender, **10-15 minutes**.

TIP: Start by partially cooking fries in the microwave for a quicker overall cook time!

3



Make the salad

- Meanwhile, roughly chop **tomato**.
- Grate **carrot**.
- In a second large bowl, combine a drizzle of **olive oil** and the **vinegar**. Add **carrot, tomato, rocket leaves** and crumbled **fetta cubes**. Toss to combine and season to taste.

2



Bake the salmon

- Meanwhile, in a large bowl, combine **salmon, Aussie spice blend** and a drizzle of **olive oil**.
- Place **salmon** on a second lined oven tray, skin-side down and bake until just cooked through, **8-12 minutes**.
- When salmon is cooked, drizzle over the **honey**.

Custom Recipe: If you've swapped to beef rump, place beef rump between two sheets of baking paper. Pound beef with a rolling pin until slightly flattened (if your beef rump is more than 3cm thick, cut it in half horizontally before pounding for a shorter cook time!). Season beef as above. In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook beef, turning, for 3-6 minutes (depending on thickness), or until cooked to your liking. Transfer to a plate to rest and drizzle over the honey.

4



Serve up

- Divide baked spiced salmon, fries and garden fetta salad between plates.
- Top with a dollop of **tartare sauce** to serve. Enjoy!

Custom Recipe: Slice beef rump to serve.

Rate your recipe

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