HELLO FRESH
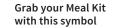
Pan-Seared Lemon Pepper Salmon
with Warm Dill & Parsley Potato Salad

CUSTOMER FAVOURITE

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

R

Before you start

Wash your hands and any fresh food.

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
*olive oil**	refer to method	refer to method
potato	2	4
lemon	½	1
*salt**	¼ 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
Dietary Fibre	6.6g	1.2g

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

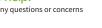The quantities provided above are averages only.

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

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**, **salt** and **dill & parsley mayonnaise**. Toss until well coated. Cover to keep warm.

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 slow-cooked pork belly, using a paper towel, pat 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.

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 **balsamic vinegar**. Season, then add **cucumber**, **apple** and **mixed salad leaves**. Toss to coat.

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

Did we make your tastebuds happy?
Let our culinary team know: **hellofresh.com.au/rate**