



# Sesame-Crumbed Salmon & Mayo

with Pear Salad & Hand-cut Fries

Grab your Meal Kit with this symbol



Potato



Mixed Sesame Seeds



Panko Breadcrumbs



Sesame Oil Blend



Salmon



Pear



Mixed Salad Leaves



Mayonnaise



Salmon

Prep in: 15-25 mins  
Ready in: 30-40 mins

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

Eat Me First

Sesame plays a starring role in this delectable dinner – we've added sesame seeds and a fragrant sesame oil to the crumb, giving it extra crunch and an irresistible flavour. Potato fries and a refreshing pear salad are the perfect sidekicks.

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

### Pantry items

Olive Oil, Soy Sauce, Vinegar (White Wine or Rice Wine)



## 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
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
mixed sesame seeds	1 medium packet	1 large packet
panko breadcrumbs	½ medium packet	1 medium packet
sesame oil blend	1 packet	2 packets
salmon	1 small packet	2 small packets OR 1 large packet
<b>soy sauce*</b>	¾ tbs	1 ½ tbs
pear	½	1
mixed salad leaves	1 medium bag	1 large bag
<b>vinegar*</b> (white wine or rice wine)	drizzle	drizzle
mayonnaise	1 packet (40g)	1 packet (80g)
salmon**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2553kJ (610Cal)	622kJ (149Cal)
Protein (g)	27.7g	6.7g
Fat, total (g)	38.9g	9.5g
- saturated (g)	5.1g	1.2g
Carbohydrate (g)	33.8g	8.2g
- sugars (g)	9.8g	2.4g
Sodium (mg)	367mg	89mg
Dietary Fibre (g)	11.5g	2.8g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4439kJ (1061Cal)	715kJ (171Cal)
Protein (g)	70.6g	11.4g
Fat, total (g)	69.4g	11.2g
- saturated (g)	10.5g	1.7g
Carbohydrate (g)	35.5g	5.7g
- sugars (g)	9.8g	1.6g
Sodium (mg)	452mg	73mg

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



## Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into fries.
- Place **fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake **fries** until golden and tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide the fries between two trays.

3



## Make the salad

- While salmon is baking, thinly slice **pear** (see ingredients) into wedges.
- In a medium bowl, combine **mixed salad leaves**, **pear** and a drizzle of **vinegar** and **olive oil**. Season to taste.

2



## Prep & bake the salmon

- Meanwhile, in a small bowl, combine **mixed sesame seeds**, **panko breadcrumbs** (see ingredients) and **sesame oil blend**. Season with **salt** and **pepper**.
- Pat **salmon** dry with paper towel, then place, skin-side down, on a second lined oven tray. Drizzle over the **soy sauce**, then spoon over the **sesame crumb**, gently pressing down so it sticks.
- Bake until just cooked through and the crumb is slightly golden, **8-12 minutes**.

**TIP:** Don't worry if some of the crumb falls off, you'll use it later!

**Custom Recipe:** If you've doubled your salmon, prepare salmon as above. Spread over two lined oven trays if your tray is getting crowded.

4



## Serve up

- Divide sesame-crumbed salmon, fries and pear salad between plates. Spoon any extra crumb from tray over salmon.
- Serve with **mayonnaise**. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)