



Oven Baked Salmon Fillet & Veggie Fries

with Tartare Sauce & Garden Salad

NEW

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Sweet Potato



Beetroot



Salmon



Savoury Seasoning



Cucumber



Tomato



Lemon



Mixed Salad Leaves



Tartare Sauce



Salmon

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



Carb Smart*

*Custom recipe is not Carb Smart



Eat Me First

Some prefer salmon oven-roasted and others like it pan-fried, but either way, you've got a winner dinner when salmon is involved. Pair tonight's savoury salmon with some veggie fries, a cucumber-tomato salad and some tartare sauce on the side.

CUSTOM RECIPE

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

Pantry items

Olive Oil

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	1	2
beetroot	1	2
salmon	1 small packet	2 small packets OR 1 large packet
savoury seasoning	1 sachet	2 sachets
cucumber	1	2
tomato	1	2
lemon	½	1
mixed salad leaves	1 small bag	1 medium bag
tartare sauce	1 medium packet	2 medium packets
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)	2481kJ (593Cal)	444kJ (106Cal)
Protein (g)	34.5g	6.2g
Fat, total (g)	36.6g	6.5g
- saturated (g)	4.8g	0.9g
Carbohydrate (g)	30.5g	5.5g
- sugars (g)	19.1g	3.4g
Sodium (mg)	685mg	123mg
Dietary Fibre (g)	11.9g	2.1g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3737kJ (893Cal)	535kJ (128Cal)
Protein (g)	63g	9g
Fat, total (g)	56.9g	8.1g
- saturated (g)	8.4g	1.2g
Carbohydrate (g)	31.6g	4.5g
- sugars (g)	19.1g	2.7g
Sodium (mg)	742mg	106mg

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.

1



Bake the veggie fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** and **beetroot** into fries.
- Spread **veggie fries** over a large microwave-safe plate. Cover with a damp paper towel.
- Microwave **fries** on high, **4 minutes** (microwave in batches if your plate is getting crowded).
- Drain, then place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt**, and toss to coat.
- Spread out evenly, then roast until golden and tender, **12-15 minutes**.

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

3



Toss the salad

- Roughly chop **cucumber** and **tomato**.
- Slice **lemon** into wedges.
- In a medium bowl, combine **mixed salad leaves**, **cucumber**, **tomato**, a squeeze of **lemon juice** and a drizzle of **olive oil**. Season to taste.

2



Cook the salmon

- Meanwhile, place **salmon** and **savoury seasoning** on a second lined oven tray. Drizzle with **olive oil** and turn **salmon** to coat.
- Bake until salmon is just cooked through, **8-12 minutes**.

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

4



Serve up

- Divide baked salmon fillet, veggie fries and garden salad between bowls.
- Serve with **tartare sauce** and remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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