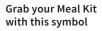


Oven Baked Salmon Fillet & Veggie Fries

with Tartare Sauce & Garden Salad

NEW

CLIMATE SUPERSTAR













Savoury Seasoning





Tomato

Cucumber



Lemon



Leaves



Tartare Sauce



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

Eat Me First



Carb Smart

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.

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 \cdot Large frying pan

Ingredients

9				
	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	1/2	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.



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.



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.



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.



Serve up

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



Scan here if you have any questions or concerns

