



Easy Baked Salmon & Herby Caper Mayo

with Lemon Pepper Wedges & Garden Salad

MEDITERRANEAN

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Lemon Pepper Seasoning



Salmon



Tomato



Carrot



Capers



Dill & Parsley Mayonnaise



Mixed Salad Leaves



Salmon

Prep in: 10-20 mins
Ready in: 35-45 mins



Carb Smart*
**Custom recipe is not Carb Smart*



Eat Me First

You can't go wrong with lemon pepper wedges, or salt and pepper salmon, or herby caper mayo. This meal is a greatest hits of our favourite flavours, with juicy salmon leading the way.

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

Pantry items

Olive Oil, 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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
lemon pepper seasoning	1 sachet	2 sachets
salmon	1 medium packet	2 medium packets OR 1 large packet
tomato	1	2
carrot	1	2
capers	1 packet	2 packets
dill & parsley mayonnaise	1 medium packet	1 large packet
mixed salad leaves	1 small packet	1 medium packet
vinegar* (white wine or balsamic)	drizzle	drizzle
salmon**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2511kJ (600Cal)	504kJ (120Cal)
Protein (g)	35.2g	7.1g
Fat, total (g)	37.1g	7.4g
- saturated (g)	4.9g	1g
Carbohydrate (g)	30.6g	6.1g
- sugars (g)	10g	2g
Sodium (mg)	870mg	175mg
Dietary Fibre (g)	6.9g	1.4g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3768kJ (901Cal)	590kJ (141Cal)
Protein (g)	63.7g	10g
Fat, total (g)	57.4g	9g
- saturated (g)	8.5g	1.3g
Carbohydrate (g)	31.8g	5g
- sugars (g)	10g	1.6g
Sodium (mg)	927mg	145mg

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 lemon pepper wedges

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **potato** into wedges.
- Place **wedges** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **lemon pepper seasoning**, season with **salt** and toss to coat.
- Bake until tender, **25-30 minutes**.

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

3



Get prepped & toss the salad

- While salmon is baking, cut **tomato** into thin wedges.
- Using a vegetable peeler, slice **carrot** into ribbons.
- Roughly chop **capers**.
- In a small bowl, combine **dill & parsley mayonnaise** and **capers**.
- In a large bowl, combine **mixed salad leaves**, **tomato**, **carrot**, a drizzle of **vinegar** and **olive oil**. Season.

TIP: Capers have a strong flavour – add less if desired.

2



Bake the salmon

- When wedges have **15 minutes** remaining, place **salmon** on a second lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and gently turn to coat.
- Bake until salmon is just cooked through, **8-12 minutes**.

Custom Recipe: If you've doubled your salmon, season and bake salmon as above.

4



Serve up

- Divide baked salmon, lemon pepper wedges and salad between plates.
- Top salmon with herby caper mayo to serve. Enjoy!

Rate your recipe

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