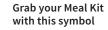


Easy Baked Salmon & Herby Caper Mayo with Lemon Pepper Wedges & Garden Salad

MEDITERRANEAN

CLIMATE SUPERSTAR









Potato

Lemon Pepper Seasoning





Salmon



Tomato

Capers

Carrot



Dill & Parsley



Leaves

Mayonnaise



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

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.

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 \cdot Large frying pan

Ingredients

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	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.





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.



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.



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.



Serve up

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