



Lemon Pepper Salmon & Creamy Pesto Dressing

with Roast Pumpkin Veggie Toss

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Peeled & Chopped Pumpkin



Potato



Beetroot



Salmon



Lemon Pepper Seasoning



Baby Spinach Leaves

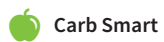


Creamy Pesto Dressing



Chicken Breast

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



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 peppery salmon with some roasted veg, spinach and some pesto dressing on the side.

Eat Me First

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
peeled & chopped pumpkin	1 small packet	1 medium packet
potato	1	2
beetroot	1	2
salmon	1 medium packet	2 medium packets OR 1 large packet
lemon pepper seasoning	1 medium sachet	2 medium sachets
baby spinach leaves	1 medium packet	1 large packet
vinegar* (white wine or balsamic)	drizzle	drizzle
creamy pesto dressing	1 medium packet	1 large packet
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2482kJ (593Cal)	496kJ (119Cal)
Protein (g)	36.1g	7.2g
Fat, total (g)	36.8g	7.3g
- saturated (g)	5.3g	1.1g
Carbohydrate (g)	29.4g	5.9g
- sugars (g)	16.9g	3.4g
Sodium (mg)	545mg	109mg
Dietary Fibre (g)	8.2g	1.6g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1941kJ (464Cal)	369kJ (88Cal)
Protein (g)	44.2g	8.4g
Fat, total (g)	19g	3.6g
- saturated (g)	2.5g	0.5g
Carbohydrate (g)	28.4g	5.4g
- sugars (g)	16.9g	3.2g
Sodium (mg)	558mg	106mg
Dietary Fibre (g)	8.3g	1.6g

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



Roast the veggies

- Preheat oven to **240°C/220°C fan forced**. Spread **peeled & chopped pumpkin** over a large microwave-safe plate. Cover with a damp paper towel. Microwave on high, **2 minutes**.
- Meanwhile, cut **potato** and **beetroot** into bite-sized chunks.
- Spread **potato** and **beetroot** over a large microwave-safe plate. Cover with a damp paper towel. Microwave on high, **3 minutes**.
- Drain any excess liquid, 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: Microwave in batches if your plate is getting crowded.



Bring it altogether

- To tray with roast veggies, add **baby spinach leaves** and a drizzle of **vinegar**. Toss to coat and season.



Cook the salmon

- When veggies have **10 minutes** remaining, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Pat **salmon** dry with paper towel.
- When oil is hot, cook **salmon**, skin-side down first, until just cooked through, **2-4 minutes** each side. Sprinkle with **lemon pepper seasoning**, turning **salmon** to coat.

TIP: Patting the skin dry helps it crisp up in the pan!

TIP: The spice blend will char slightly in the pan, this adds to the flavour!

Custom Recipe: If you've swapped to chicken breast, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks. Coat chicken and heat pan as above. Cook chicken steaks until browned and cooked through (when no longer pink inside), 3-6 minutes each side. Add lemon pepper seasoning and turn to coat.



Serve up

- Divide roast pumpkin medley and lemon pepper salmon between plates.
- Drizzle over **creamy pesto dressing** to serve. Enjoy!

Rate your recipe

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