



# Baked Salmon & Herby Caper Mayo

with Lemon Pepper Wedges & Citrus Garden Salad

MEDITERRANEAN

CLIMATE SUPERSTAR

Grab your meal kit with this number

6



Potato



Lemon Pepper Seasoning



Salmon



Orange



Carrot



Capers



Dill & Parsley Mayonnaise



Mixed Salad Leaves



Salmon



Chicken Breast

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

Calorie Smart

Protein Rich

Eat Me Early

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 hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**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

## Ingredients

	2 People	4 People
<b>olive oil*</b>	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
orange	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
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2678kJ (640cal)	271kJ (65cal)
Protein (g)	36.4g	3.7g
Fat, total (g)	36.3g	3.7g
- saturated (g)	4.7g	0.5g
Carbohydrate (g)	40.9g	4.1g
- sugars (g)	20.1g	2g
Sodium (mg)	874mg	88.3mg
Dietary Fibre (g)	9.7g	1g

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](https://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 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 the wedges between two trays.

3



## Get prepped & toss the salad

- While salmon is baking, peel and cut **orange** 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**, **orange**, **carrot** and a drizzle of **vinegar** and **olive oil**. Season to taste with **salt** and **pepper**.

**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**.

4



## Serve up

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

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW36



### CUSTOM OPTIONS

**+** **DOUBLE SALMON**  
Follow method above, cooking in batches if necessary.

**🔄** **SWAP TO CHICKEN BREAST**  
Cut chicken horizontally into steaks. Heat a frying pan with a drizzle of olive oil over medium-high heat and cook for 3-6 minutes each side.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

