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Balsamic Glazed Salmon with Crumbed Dukkah Potatoes

Your salmon is about to be brought to life with this balsamic glaze. It's sticky, surprising and lip-smackingly good. We can't wait for you to try it!



Prep: 10 mins

Cook: 35 mins

Total: 45 mins



level 1



eat me
early

Pantry Items



Olive Oil



Balsamic
Vinegar



Brown
Sugar



Potatoes



Dukkah



Salmon



Rocket



Red Onion



Parsley

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2P	4P	Ingredients
400 g	800 g	potatoes, unpeeled & chopped into 2 cm chunks
1	2	red onion, cut into wedges
2 tsp	1 tbs	olive oil *
1 sachet	2 sachets	dukkah
2 tbs	4 tbs	balsamic vinegar *
2 tsp	1 tbs	brown sugar *
2 fillets	4 fillets	salmon, patted dry
½ bag	1 bag	rocket leaves
1 bunch	2 bunches	parsley, leaves picked & roughly chopped

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2180	Kj
Protein	41.2	g
Fat, total	21.1	g
-saturated	3.6	g
Carbohydrate	37.7	g
-sugars	10	g
Sodium	444	mg

2a



You will need: chef's knife, chopping board, paper towel, two oven trays lined with baking paper, tongs, small bowl, spoon, pastry brush and large bowl.

1 Preheat the oven to 220°C/200°C fan-forced.

2 Place the **potato** and **red onion** on a prepared oven tray. Drizzle with half the **olive oil** and season with **salt** and **pepper**. Cook the veggies for **20 minutes**. Remove from the oven and pour over the **dukkah**. Toss to coat and then return the potato to the oven for a further **10-15 minutes**, or until golden and cooked through.

2b



3 Meanwhile, combine the **balsamic vinegar** and **brown sugar** in a small bowl. Season with salt and pepper. Place the **salmon** on a second prepared oven tray. Brush the salmon with the balsamic mixture until completely coated on all sides. Place the salmon in the oven for the final **15 minutes** of the potato and red onion cooking time, or until cooked through.

3a



4 Place the **rocket leaves** in a large bowl. Drizzle with the remaining olive oil and season with salt and pepper.

5 To serve, divide the balsamic glazed salmon, rocket and crumbed dukkah potatoes between plates. Sprinkle over the chopped **parsley**. Enjoy!

3b



Did you know? The term “salmon” is believed to have originated from the Latin word meaning “to leap”.