



# Dijon-Crusted Salmon Traybake

with Veggie Fries & Garlic Aioli

Grab your Meal Kit with this symbol



Potato



Zucchini



Carrot



Broccoli



Garlic



Panko Breadcrumbs



Salmon



Dijon Mustard



Garlic Aioli

### Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: 20-30 mins  
Ready in: 40-50 mins

Eat Me First

In this trusty traybake, a surprise layer of Dijon mustard in the crumb adds a special touch to the salmon. Teamed with a moreish mix of veggie fries and potato wedges, this is no ho-hum weeknight dinner.

### Pantry items

Olive Oil

## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## 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
zucchini	1	2
carrot	1	2
broccoli	½ head	1 head
garlic	2 cloves	4 cloves
panko breadcrumbs	½ medium packet	1 medium packet
salmon	1 small packet	1 large packet
Dijon mustard	1 packet (15g)	2 packets (30g)
garlic aioli	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3047kJ (728Cal)	531kJ (127Cal)
Protein (g)	37.3g	6.5g
Fat, total (g)	44g	7.7g
- saturated (g)	6g	1g
Carbohydrate (g)	43.7g	7.6g
- sugars (g)	11.4g	2g
Sodium (mg)	300mg	52mg

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.



## Bake the fries & wedges

Preheat oven to **240°C/220°C**. Cut **potato** into wedges. Place on a lined oven tray. Cut **zucchini** and **carrot** into fries, then place on a second lined oven tray. Drizzle both **veggie** trays with **olive oil**, season with **salt** and toss to coat. Bake until tender **20-25 minutes**.



## Add the salmon

When the wedges have been baking for **15-20 minutes**, remove from oven. Move **wedges** to one side of the tray. Season **salmon** all over, then place skin-side down on other side of the wedges tray. Spread **Dijon mustard** over top of **salmon**, then spoon over **crumb mixture**, pressing down with your fingers to help it stick. Return to the oven and bake until salmon is cooked through and wedges are tender, **10 minutes**.

**TIP:** Some of the crumb will fall off, don't worry! You can use it when serving up.



## Get prepped

Meanwhile, chop **broccoli** (including the stalk!) into small florets. Finely chop **garlic**.



## Cook the broccoli

Meanwhile, heat a drizzle of **olive oil** in a large frying pan over medium-high heat. Cook **broccoli**, tossing, until softened, **5-6 minutes**. Remove from heat, then season to taste.

**TIP:** Add a dash of water to the pan to help speed up the cooking process.



## Make the crumb

In a medium bowl, combine **panko breadcrumbs** (see ingredients), **garlic**, a good drizzle of **olive oil** and a pinch of **salt** and **pepper**.



## Serve up

Divide Dijon-crusted salmon, wedges, veggie fries and broccoli between plates. Serve with **garlic aioli**.

## Enjoy!

## Rate your recipe

Scan here to rate this recipe!

