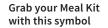


Dijon-Crusted Salmon Traybake with Veggie Fries & Garlic Aioli

















Carrot





Garlic

Panko Breadcrumbs







Dijon Mustard

Salmon

Garlic Aioli

Pantry items

Olive Oil

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



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

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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 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.



Get prepped

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



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**.



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.



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.



Serve up

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

Enjoy!

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