









Easy Dukkah Salmon & Garlic Sauce

with Roast Veggie Toss

Grab your Meal Kit with this symbol



-  Sweet Potato
-  Zucchini
-  Beetroot
-  Red Onion
-  Capsicum
-  Salmon
-  Dukkah
-  Baby Spinach Leaves
-  Garlic Sauce

-  Hands-on: **15-25 mins**
-  Ready in: **30-40 mins**
-  Naturally gluten-free
- Not suitable for Coeliacs*
-  Eat me first
-  Calorie Smart

They say to eat the rainbow so we've created a meal that'll get you feeling all healthy and happy. This delightful dinner is loaded with roasted veggies while a crispy dukkah-coated salmon makes it a nutritionally balanced plate of pure goodness. Bonus: it's all done in four easy steps!

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
sweet potato	2	4
zucchini	1	2
beetroot	1	2
red onion	1	2
capsicum	1	2
salmon	1 packet	2 packets
dukkah	1 sachet	2 sachets
baby spinach leaves	1 bag (30g)	1 bag (60g)
garlic sauce	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2700kJ (645Cal)	379kJ (91Cal)
Protein (g)	36.4g	5.1g
Fat, total (g)	35.2g	4.9g
- saturated (g)	6.2g	0.9g
Carbohydrate (g)	40.2g	5.6g
- sugars (g)	25.7g	5.6g
Sodium (mg)	522mg	73mg

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.



Roast the veggies

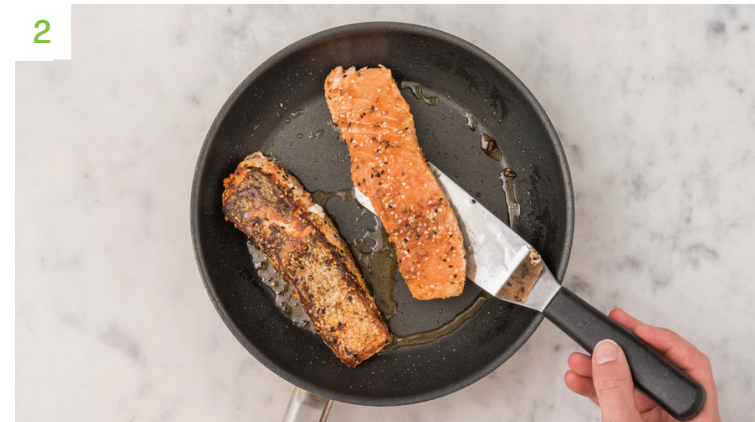
Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato**, **zucchini** and **beetroot** into small chunks. Slice the **red onion** into thick wedges. Thinly slice the **capsicum**. Place the **sweet potato** and **beetroot** on a lined oven tray. Place the **zucchini**, **capsicum** and **onion** on a second lined oven tray. Drizzle both trays with **olive oil** and season. Toss to coat, then spread out in a single layer. Roast both trays until tender, **25-30 minutes**.

TIP: Beetroot retains a lot of its firmness when cooked. You can tell it's cooked when it can be easily pierced with a fork.



Toss the veggies

In a large bowl, combine the **roasted veggies** and **baby spinach leaves**.



Cook the salmon

In a medium bowl, place the **salmon** with a drizzle of olive oil. Sprinkle with the **dukkah**. Toss to coat and set aside. When the **veggies** have **10 minutes** cook time remaining, heat a drizzle of **olive oil** in large frying pan over a medium heat. When the oil is hot, cook the **salmon**, skin-side down first, until just cooked through, **2-4 minutes** each side (depending on thickness).

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



Serve up

Divide the roast veggie toss and dukkah salmon between plates. Serve with the **garlic sauce** on the side.

Enjoy!