



Herb-Crusted Salmon & Mash

with Parmesan & Sautéed Veggies



Potato



Garlic



Herb Crumbing Mix



Grated Parmesan Cheese



Salmon



Zucchini



Carrot



Garlic Aioli



Barramundi

Hands-on: **20-30 mins**
 Ready in: **25-35 mins**

Eat Me First

Salmon is such a versatile protein. There's no need to serve it plain when you have our herb crumbing mix and some sharp Parmesan handy for a speedy dinner that's deliciously different!

Pantry items

Olive Oil, Butter, Milk, Honey

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

Medium saucepan with a lid · Oven tray lined with baking paper · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter*	40g	80g
milk*	2 tbs	¼ cup
garlic	1 clove	2 cloves
herb crumbing mix	½ medium packet	1 medium packet
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
salmon	1 small packet	1 large packet
zucchini	1	2
carrot	1	2
honey*	½ tsp	1 tsp
garlic aioli	1 packet (50g)	1 packet (100g)
barramundi**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4073kJ (973Cal)	655kJ (156Cal)
Protein (g)	42.5g	6.8g
Fat, total (g)	67.9g	10.9g
- saturated (g)	21.2g	3.4g
Carbohydrate (g)	46.1g	7.4g
- sugars (g)	12.4g	2g
Sodium (mg)	499mg	80mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3569kJ (853Cal)	574kJ (137Cal)
Protein (g)	41.1g	6.6g
Fat, total (g)	54.8g	8.8g
- saturated (g)	19g	3.1g
Carbohydrate (g)	46.5g	7.5g
- sugars (g)	12.4g	2g
Sodium (mg)	532mg	86mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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1 Make the mash

- Preheat oven to **220°C/200°C fan-forced**. Bring a medium saucepan of salted water to the boil.
- Peel **potato** and cut into large chunks. Cook in the boiling water until easily pierced with a knife, **12-15 minutes**. Drain and return to pan.
- Add the **butter** and **milk** to **potato**. Season generously with **salt**, then mash until smooth. Cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled!

CUSTOM RECIPE

If you've swapped to barramundi, preheat the oven to 200°C/180°C fan-forced. Continue as above.



3 Cook the veggies

- While salmon is baking, thinly slice **zucchini** and **carrot** into rounds.
- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat.
- Cook **veggies**, tossing, until softened, **6-7 minutes**. Season, then add **honey**, tossing to coat. Remove from heat.



2 Prep & bake the salmon

- While potato is cooking, finely chop **garlic**. In a small bowl, combine **herb crumbing mix** (see ingredients), **grated Parmesan cheese** and **garlic**. Add a generous drizzle of **olive oil**. Season with **salt** and **pepper**. Stir to combine.
- Pat **salmon** dry with paper towel, then place, skin-side down, on a lined oven tray. Lightly coat or spray **salmon** with **olive oil**. Spoon **crust mixture** on top, gently pressing down so it sticks.
- Bake until just cooked through, **8-10 minutes**.

TIP: Some of the crust mixture will fall off – don't worry, you'll use it later!

CUSTOM RECIPE

Prep barramundi as above. Bake until just cooked through, 10-12 minutes.

TIP: Barramundi is cooked through when the centre turns from translucent to white.



4 Serve up

- Divide Parmesan and herb-crusted salmon, sautéed veggies and mash between plates. Spoon any excess crumb from the tray over the salmon.
- Serve with **garlic aioli**.

Enjoy!