



Herby Salmon & Dill-Parsley Potatoes

with Apple & Carrot Salad

Grab your Meal Kit with this symbol



Potato



Lemon



Garlic & Herb Seasoning



Carrot



Apple



Mixed Salad Leaves



Dill & Parsley Mayonnaise



Salmon



Chicken Tenderloins

Prep in: **20-30 mins**
Ready in: **25-35 mins**

Calorie Smart*
**Custom Recipe only*

Eat Me First

Our garlic and herb blend draws out the delicious natural flavour of salmon. Paired with lemony, dill and parsley mayo-spiked potatoes, plus a subtly sweet salad, this meal is all about bold, bright flavours.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Balsamic Vinegar

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
lemon	1	2
salt*	¼ tsp	½ tsp
dill & parsley mayonnaise	1 medium packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
salmon	1 small packet	1 large packet
carrot	1	2
apple	1	2
balsamic vinegar*	drizzle	drizzle
mixed salad leaves	1 small bag	1 medium bag
chicken tenderloins**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3048kJ (728Cal)	525kJ (125Cal)
Protein (g)	35.5g	6.1g
Fat, total (g)	45g	7.8g
- saturated (g)	6.1g	1.1g
Carbohydrate (g)	42.4g	7.3g
- sugars (g)	16g	2.8g
Sodium (mg)	777mg	134mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2407kJ (575Cal)	397kJ (95Cal)
Protein (g)	43.6g	7.2g
Fat, total (g)	24.5g	4g
- saturated (g)	2.7g	0.4g
Carbohydrate (g)	41g	6.8g
- sugars (g)	16.1g	2.7g
Sodium (mg)	806mg	133mg

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.

We're here to help!

Scan here if you have any questions or concerns

2022 | CW40



1



Make the potato salad

- Bring a medium saucepan of lightly salted water to the boil.
- Cut **potato** into bite-sized chunks. Zest **lemon** to get a generous pinch, then slice into wedges.
- Cook **potato** in the boiling water until easily pierced with a fork, **10-12 minutes**.
- Drain **potato**, then return to saucepan. Add **lemon zest**, a good squeeze of **lemon juice**, the **salt** and **dill & parsley mayonnaise**. Season with **pepper**. Toss **potato** to coat. Cover to keep warm.

3



Make the salad

- Meanwhile, grate **carrot**. Thinly slice **apple** into wedges.
- In a large bowl, combine a drizzle of **balsamic vinegar** and **olive oil**. Season, then add **carrot**, **apple** and **mixed salad leaves**. Toss to coat.

2



Cook the salmon

- While the potato is cooking, combine **garlic & herb seasoning** and a pinch of **pepper** on a plate. Pat **salmon** dry (to help the skin crisp up in the pan), then add to the plate with the **seasoning**, gently turning to coat.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. When oil is hot, cook **salmon**, skin-side down first, until just cooked through, **2-4 minutes** each side (depending on thickness).

Custom Recipe: If you've swapped to chicken tenderloins, combine garlic & herb seasoning, a pinch of pepper and a drizzle of olive oil in a medium bowl. Add chicken, tossing to coat. In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken until browned and cooked through, 3-4 minutes each side (cook in batches if your pan is getting crowded).

TIP: Chicken is cooked through when it's no longer pink inside.

4



Serve up

- Divide herby salmon, dill-parsley potatoes and apple and carrot salad between plates.
- Serve with any remaining lemon wedges. Enjoy!

Rate your recipe

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