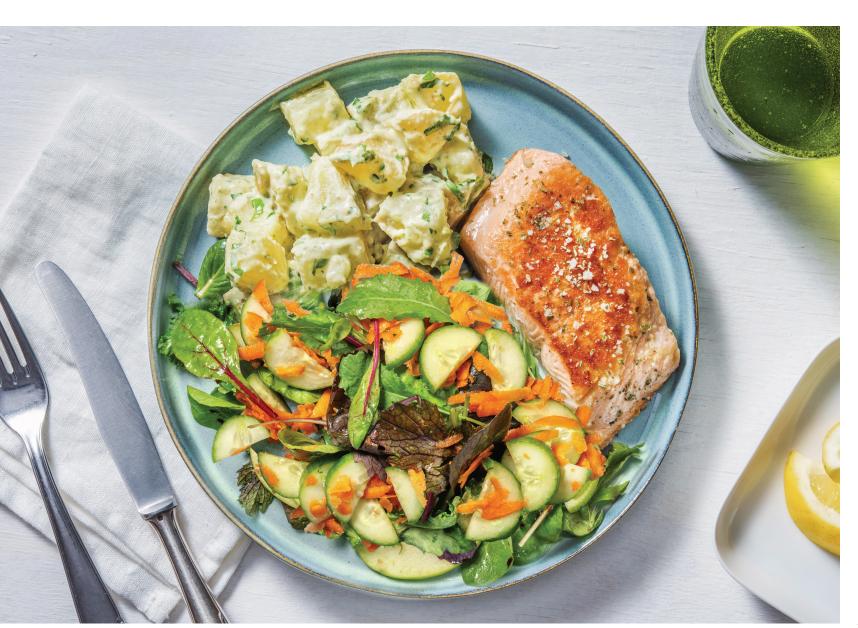


Quick Herby Salmon & Dill-Parsley Potatoes with Cucumber & Carrot Salad

Grab your Meal Kit with this symbol













Seasoning







Cucumber





Dill & Parsley Mayonnaise

Salmon



Pantry items

Olive Oil, Balsamic Vinegar

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



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.

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

9. • • • • • • • • • • • • • • • • •				
	2 People	4 People		
olive oil*	refer to method	refer to method		
potato	2	4		
lemon	1	2		
salt*	1/4 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		
cucumber	1	2		
balsamic vinegar*	drizzle	drizzle		
mixed salad leaves	1 small bag	1 medium bag		
chicken breast**	1 small packet	1 large packet		

^{*}Pantry Items ** Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2920kJ (698Cal)	484kJ (116Cal)
Protein (g)	35.9g	5.9g
Fat, total (g)	44.9g	7.4g
- saturated (g)	6.1g	1g
Carbohydrate (g)	36g	6g
- sugars (g)	13.1g	2.2g
Sodium (mg)	788mg	130mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2324kJ (555Cal)	370kJ (88Cal)
Protein (g)	40.6g	6.5g
Fat, total (g)	27.1g	4.3g
- saturated (g)	3.5g	0.6g
Carbohydrate (g)	34.5g	5.5g
- sugars (g)	13.1g	2.1g
Sodium (mg)	836mg	133mg
Dietary Fibre (g)	9.1g	1.4g

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 aller

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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.



Make the salad

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



Cook the salmon

- Meanwhile, combine garlic & herb seasoning and a pinch of pepper on a plate.
- Pat salmon dry (this helps 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 breast, slice chicken through horizontally to make two thin steaks. Combine chicken with spice blend and heat the pan as directed above. Cook chicken steaks until cooked through (when it's no longer pink inside), 3-6 minutes each side (cook in batches if your pan is getting crowded).



Serve up

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

