



# Quick Herby Salmon & Dill-Parsley Potatoes

with Cucumber & Carrot Salad

Grab your Meal Kit with this symbol



Potato



Lemon



Garlic & Herb Seasoning



Carrot



Cucumber



Mixed Salad Leaves



Dill & Parsley Mayonnaise



Salmon



Chicken Breast

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

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
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
lemon	1	2
<b>salt*</b>	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
cucumber	1	2
<b>balsamic vinegar*</b>	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](https://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

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## 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!

## Rate your recipe

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