



# Honey-Glazed Salmon

with Smokey Sweet Potato Fries



Make a honey-garlic glaze



Sweet Potato



Smoked Paprika



Broccoli



Garlic



Lemon



Paprika Spice Blend



Salmon



Garlic Aioli

Hands-on: 25 mins  
Ready in: 30 mins

Eat me first

The honey-garlic glaze takes this salmon from good to completely glorious. Paired with the paprika spice and garlic aioli this dish really packs plenty of flavour for such little effort. Don't be alarmed by the coating on the salmon darkening in the hot pan – this just adds to the delicious smokey flavour.

**Pantry Staples:** Olive Oil, Plain Flour, Butter, Honey



## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, oven tray** lined with **baking paper, fine grater, medium frying pan, foil** and **plate**.



### 1 ROAST THE SWEET POTATO

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm fries. **TIP:** *Cut the sweet potato to the correct size to ensure it cooks in the allocated time!* Place the sweet potato fries on the oven tray lined with baking paper. **Drizzle** with **olive oil**, sprinkle with the **smoked paprika**, season with a **good pinch** of **salt** and **pepper** and toss to coat. Roast on the top shelf for **20-25 minutes**, or until tender.



### 4 COOK THE SALMON

Combine the **paprika spice blend, plain flour** and **salt** (see ingredients list) on a plate. Add the **salmon** and turn to coat. Return the pan to a medium heat with a **drizzle** of **olive oil**. Once hot, add the salmon, skin-side down, and cook for **2-4 minutes** on each side (depending on thickness) or until almost cooked through.



### 2 GET PREPPED

While the sweet potato is roasting, cut the **broccoli** into 2cm florets and roughly chop the stalk. Finely chop the **garlic** (or use a garlic press). Zest the **lemon** to get a pinch.



### 5 MAKE THE GLAZE

Halve the **lemon**. Once the salmon is almost cooked through, add the **butter, garlic** and **honey** to the pan. Simmer for **2 minutes**, stirring, until the butter has melted and the garlic is golden. Add a generous squeeze of lemon juice and stir to combine. Spoon the glaze over the salmon, then remove from the heat. **TIP:** *Taste and add more lemon juice if you like!*



### 3 COOK THE BROCCOLI

In a medium frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **broccoli** and cook for **5-6 minutes**, or until tender. **TIP:** *Add a dash of water to help speed up the cooking process.* Add the **lemon zest** and toss to coat. Season with a **pinch** of **salt** and **pepper**. Transfer to a medium bowl and cover with foil to keep warm.



### 6 SERVE UP

Divide the honey-garlic glazed salmon, broccoli and smokey sweet potato fries between plates. Spoon any remaining glaze from the pan over the salmon. Serve with the **garlic aioli**.

Enjoy!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
sweet potato	2	4
smoked paprika	1 sachet	2 sachets
broccoli	1 head	2 heads
garlic	1 clove	2 cloves
lemon	1	2
paprika spice blend	1 sachet	2 sachets
plain flour*	1 tbs	2 tbs
salt*	¼ tsp	½ tsp
salmon	1 packet	1 packet
butter*	10 g	20 g
honey*	2 tsp	1 tbs
garlic aioli	1 tub (50 g)	1 tub (100 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2530kJ (605Cal)	464kJ (111Cal)
Protein (g)	39.3g	7.2g
Fat, total (g)	29.2g	5.4g
- saturated (g)	6.6g	1.2g
Carbohydrate (g)	40.6g	7.5g
- sugars (g)	18.7g	3.4g
Sodium (g)	691mg	127mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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