



Easy Lemon Pepper Salmon

with Creamy Pesto & Roast Veggie Toss



Garlic



Red Onion



Capsicum



Carrot



Sweet Potato



Lemon Pepper
Spice Blend



Salmon



Baby Spinach
Leaves



Creamy Pesto
Dressing



Hands-on: **15-25 mins**
Ready in: **30-40 mins**



Naturally Gluten-Free
Not suitable for coeliacs



Eat Me First

Tonight, our lemon pepper spice blend balances out the lovely richness of the salmon, while hearty roast veggies add a pop of colour and subtle sweetness. Drizzle with some creamy pesto and dig in!

Pantry items

Olive Oil

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
red onion	1	2
capsicum	1	2
carrot	1	2
sweet potato	2	4
lemon pepper spice blend	1 sachet	2 sachets
salmon	1 small packet	1 large packet
baby spinach leaves	1 small bag	1 medium bag
creamy pesto dressing	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3131kJ (748Cal)	471kJ (113Cal)
Protein (g)	36.6g	5.5g
Fat, total (g)	44.7g	6.7g
- saturated (g)	7.5g	1.1g
Carbohydrate (g)	44.1g	6.6g
- sugars (g)	26.3g	6.6g
Sodium (mg)	415mg	62mg

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.

1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Finely chop **garlic**. Cut **red onion** into thick wedges. Roughly chop **capsicum**. Cut **carrot** and **sweet potato** into bite-sized chunks.
- On a lined oven tray, spread out the prepped **veggies**. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat.
- Roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide between two trays.

3



Combine the veggies

- In a large bowl, gently combine **roasted veggies** and **baby spinach leaves**.
- Season to taste.

2



Cook the salmon

- When veggies have **10 minutes** remaining, combine **lemon pepper spice blend** and a drizzle of **olive oil** in a medium bowl. Add **salmon**. Season, then turn to coat.
- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat.
- Cook **salmon**, skin-side down first, until just cooked through, **2-4 minutes** each side (depending on thickness).

TIP: The spice blend will char in the pan, this adds to the flavour!

4



Serve up

- Divide roast veggie toss and lemon pepper salmon between plates.
- Serve drizzled with **creamy pesto dressing**.

Enjoy!

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