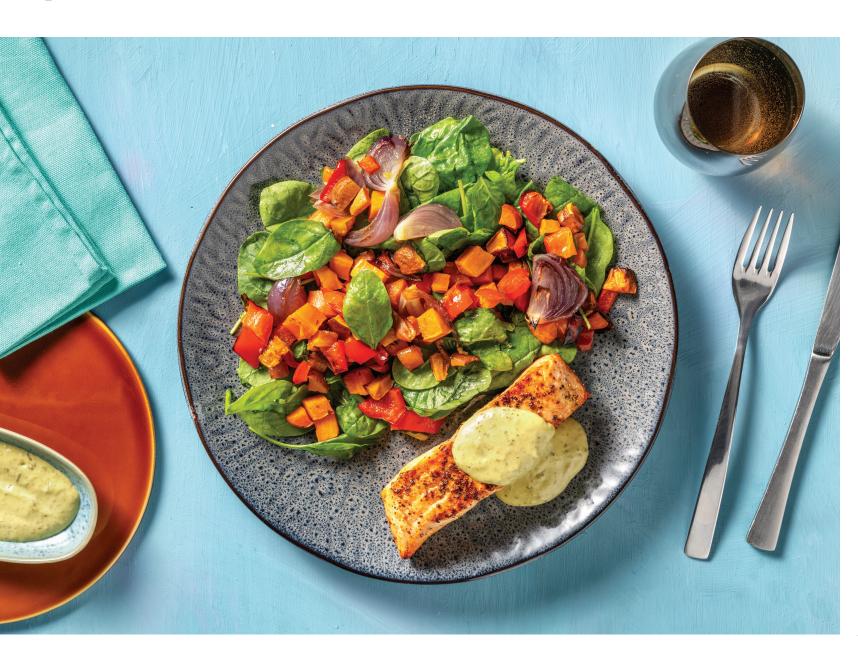


Easy Lemon Pepper Salmon with Creamy Pesto & Roast Veggie Toss















Sweet Potato



Lemon Pepper Spice Blend



Salmon



Baby Spinach Leaves



Creamy Pesto Dressing

Pantry items Olive Oil

Not suitable for coeliacs



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

9		
	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

The quantities provided above are averages only.

Allergens

Sodium (mg)

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.



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.



Combine the veggies

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



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!



Serve up

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

Enjoy!

