



# Parsley & Parmesan Crumbed Salmon

with Sweet Potato Chips & Garlic Veggies

Grab your Meal Kit with this symbol



Sweet Potato



Garlic



Parsley



Green Beans



Carrot



Panko Breadcrumbs



Grated Parmesan Cheese



Salmon



Mayonnaise

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

Eat me first

Salmon is a robust fish with good flavour, so it can easily handle this decked-out crust. Crispy panko breadcrumbs, grated Parmesan cheese and parsley take this simple combination of fish, sweet potato chips and garlicky veggies to the next level.

### 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

Two oven trays lined with baking paper  
Medium frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
garlic	1 clove	2 cloves
parsley	1 bag	1 bag
green beans	1 bag (100g)	1 bag (200g)
carrot	1	2
panko breadcrumbs	½ packet	1 packet
salt*	¼ tsp	½ tsp
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
salmon	1 packet	1 packet
mayonnaise	1 packet (40g)	2 packets (80g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2920kJ (696Cal)	568kJ (136Cal)
Protein (g)	41.0g	8.0g
Fat, total (g)	38.2g	7.5g
- saturated (g)	7.6g	1.5g
Carbohydrate (g)	44.1g	8.6g
- sugars (g)	16.9g	3.3g
Sodium (g)	633mg	123mg

## Allergens

Please visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



### 1. Bake the sweet potato chips

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm chips. Place the chips on an oven tray lined with baking paper. **Drizzle** with **olive oil**, season with a **pinch** of **salt** and **pepper** and toss to coat. Roast on the top oven rack until tender, **25-30 minutes**.

**TIP:** Cut the sweet potato to the correct size so it cooks in the allocated time.



### 2. Get prepped

While the chips are baking, finely chop the **garlic** (or use a garlic press). Finely chop the **parsley leaves**. Trim the **green beans**. Thinly slice the **carrot** (unpeeled) into half-moons.



### 3. Make the Parmesan crumb

In a medium bowl, combine the **parsley** (reserve some for garnish!), **panko breadcrumbs** (see ingredients list), the **salt**, **grated Parmesan cheese** and **olive oil** (1 tbs for 2 people / 2 tbs for 4 people).



### 4. Bake the salmon

Pat the **salmon** dry with paper towel and season both sides with a **pinch** of **salt** and **pepper**. Place on a second oven tray lined with baking paper. Spoon the **Parmesan-panko mixture** over the top of the **salmon** and gently press down so the mixture sticks. When the **sweet potato** has **8-12 minutes** of cook time remaining, bake the **salmon** until it is just cooked through and the crust is slightly golden.

**TIP:** It's OK if some of the Parmesan crust falls off!



### 5. Cook the veggies

When the salmon has **5 minutes** cook time remaining, heat a **drizzle** of **olive oil** in a medium frying pan over a medium-high heat. Add the **green beans** and **carrot** and cook, tossing, until tender, **3-4 minutes**. Add the **garlic** and cook until fragrant, **1 minute**.



### 6. Serve up

Divide the sweet potato chips, garlic veggies and parsley and Parmesan crumbed salmon between plates. Serve with the **mayonnaise** and garnish with the reserved parsley leaves.

**Enjoy!**