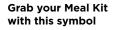


Parsley & Parmesan Crumbed Salmon

with Sweet Potato Chips & Garlic Veggies









Sweet Potato



Green Beans







Breadcrumbs





Salmon





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*	1/4 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 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!