



Parsley-Parmesan Crumbed Salmon & Broccoli

with Sweet Potato Fries & Green Beans

Grab your Meal Kit with this symbol



Sweet Potato



Garlic



Parsley



Green Beans



Broccoli



Panko Breadcrumbs



Shaved Parmesan Cheese



Salmon



Mayonnaise



Salmon

Prep in: 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, shaved Parmesan cheese and parsley take this simple combination of fish, sweet potato chips and garlicky veggies to the next level.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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 small bag	1 medium bag
broccoli	½ head	1 head
panko breadcrumbs	½ packet	1 packet
salt*	¼ tsp	½ tsp
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
salmon	1 small packet	1 large packet
mayonnaise	1 medium packet	1 large packet
salmon**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3034kJ (725Cal)	566kJ (135Cal)
Protein (g)	43.4g	8.1g
Fat, total (g)	42.7g	8g
- saturated (g)	8.3g	1.5g
Carbohydrate (g)	42.5g	7.9g
- sugars (g)	13.7g	2.6g
Sodium (mg)	598mg	111mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4390kJ (1049Cal)	649kJ (155Cal)
Protein (g)	71.9g	10.6g
Fat, total (g)	65.7g	9.7g
- saturated (g)	12.5g	1.8g
Carbohydrate (g)	44g	6.5g
- sugars (g)	13.7g	2g
Sodium (mg)	639mg	94mg

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.

We're here to help!

Scan here if you have any questions or concerns



Cook the sweet potato fries

- Preheat oven to **240°C/220°C fan-forced**. Cut **sweet potato** into fries.
- Place **fries** on a lined oven tray. Drizzle with **olive oil**, season with a pinch of **salt** and **pepper** and toss to coat. Bake until tender, **25-30 minutes**.
- While the fries are roasting, finely chop **garlic**. Finely chop **parsley**.
- Trim **green beans**. Roughly chop **broccoli** (see ingredients) into small florets (including stalk).

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



Cook the veggies

- Meanwhile, heat a medium frying pan with a drizzle of **olive oil** over medium-high heat.
- Add **green beans** and **broccoli** and cook, tossing, until tender, **5-6 minutes**. Add **garlic** and cook until fragrant, **1 minute**.



Bake the salmon

- In a medium bowl, combine **parsley** (reserve some for garnish!), **panko breadcrumbs** (see ingredients), the **salt**, **shaved Parmesan cheese** and a drizzle of **olive oil**.
- Pat **salmon** dry with paper towel and season both sides with a pinch of **salt** and **pepper**. Place **salmon**, skin-side down a second lined oven tray.
- Spoon the **Parmesan-panko mixture** over the top of the **salmon** and gently press down so the crust sticks.
- When sweet potato has **8-12 minutes** cook time remaining, bake **salmon** until it is just cooked through and the crust is slightly golden.

Custom Recipe: If you've doubled your salmon, spread salmon over two lined oven trays if your trays are getting crowded.



Serve up

- Divide parsley-Parmesan crumbed salmon, sweet potato fries and garlic greens between plates.
- Serve with **mayonnaise** and sprinkle over remaining parsley. Enjoy!

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