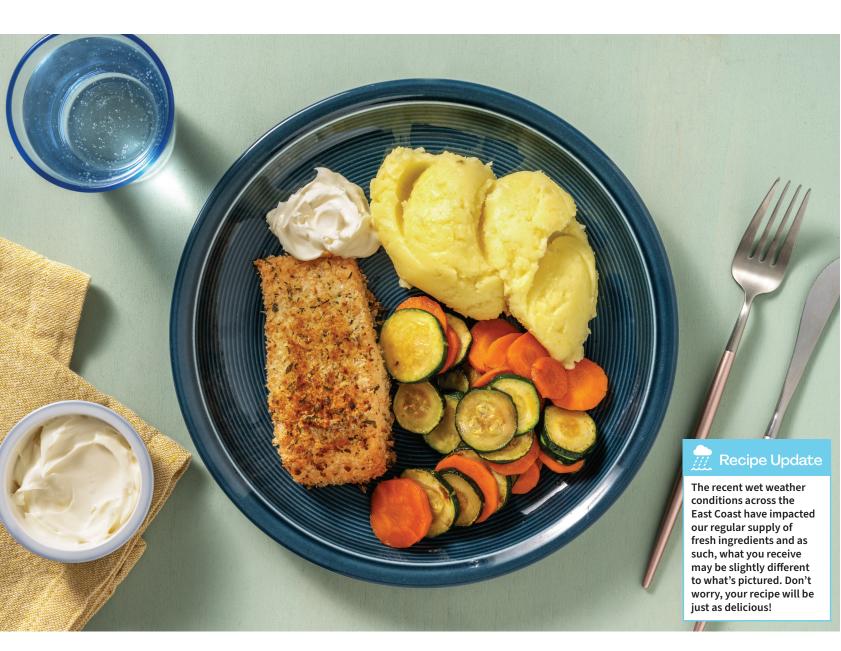


Quick Herb-Crusted Salmon & Mash with Parmesan & Sautéed Veggies

Grab your Meal Kit with this symbol















Herb Crumbing

Grated Parmesan Cheese





Salmon

Carrot





Broccoli

Garlic Aioli

Pantry items

Olive Oil, Butter, Milk, Honey

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

Medium saucepan with a lid · Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter*	40g	80g
milk*	2 tbs	1/4 cup
garlic	1 clove	2 cloves
herb crumbing mix	½ medium packet	1 medium packet
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
salmon	1 small packet	1 large packet
carrot	1	2
broccoli	1 head	2 heads
honey*	½ tsp	1 tsp
garlic aioli	1 packet (50g)	1 packet (100g)

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
	•	-
Energy (kJ)	4041kJ (966Cal)	707kJ (169Cal)
Protein (g)	42.2g	7.4g
Fat, total (g)	67.6g	11.8g
- saturated (g)	20.5g	3.6g
Carbohydrate (g)	45.6g	8g
- sugars (g)	11.9g	8g
Sodium (mg)	495mg	87mg

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.



Make the mash

- Preheat oven to 220°C/200°C fan-forced. Bring a medium saucepan of salted water to the boil.
- Peel **potato** and cut into large chunks. Cook in the boiling water until easily pierced with a knife, **12-15 minutes**. Drain and return to pan.
- Add the butter and milk to potato. Season generously with salt, then mash until smooth. Cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled!



Cook the veggies

- While salmon is baking, thinly slice carrot into rounds. Chop broccoli (including the stalk!) into small florets.
- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat.
- Cook carrot and broccoli, tossing, until tender, 6-7 minutes.
- Season, then add the **honey**, tossing **veggies** to coat. Remove from heat.

TIP: Add a dash of water to the pan to help speed up the cooking process.



Prep & bake the salmon

- While potato is cooking, finely chop garlic.
- In a small bowl, combine herb crumbing mix (see ingredients), grated
 Parmesan cheese, garlic and a generous drizzle of olive oil. Season with salt and pepper. Stir to combine.
- Pat salmon dry with paper towel, then place, skin-side down, on a lined oven tray. Lightly coat or spray salmon with olive oil. Spoon crust mixture on top, gently pressing down so it sticks.
- Bake until just cooked through, 8-10 minutes.

TIP: Some of the crust mixture will fall off – don't worry, you'll use it later!



Serve up

- Divide herb-crusted salmon, sautéed veggies and mash between plates.
- Spoon any excess crumb from tray over salmon.
- Serve with garlic aioli.

Enjoy!