



# Quick Herb-Crusted Salmon & Mash

with Parmesan & Sautéed Veggies

Grab your Meal Kit with this symbol



Potato



Garlic



Herb Crumbing Mix



Grated Parmesan Cheese



Salmon



Carrot



Broccoli



Garlic Aioli

Recipe Update

The recent wet weather conditions across the East Coast have impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: **20-30 mins**  
Ready in: **25-35 mins**

Eat Me First

Salmon is such a versatile protein. There's no need to serve it plain when you have our herb crumbing mix and some sharp Parmesan handy for a speedy dinner that's deliciously different!

**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	¼ 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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## 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!

3



## 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.

2



## 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!

4



## 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!