









Baked Spiced Salmon

with Sweet Potato Fries, Garden Fetta Salad & Tartare Sauce

NEW

Grab your Meal Kit with this symbol



-  Sweet Potato
-  Salmon
-  Aussie Spice Blend
-  Tomato
-  Carrot
-  Mixed Salad Leaves
-  Fetta
-  Tartare Sauce
-  Premium Sirloin Tip


Recipe Update

Unfortunately, this week's potato was in short supply, so we've replaced it with sweet potato. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: **15-25 mins**
Ready in: **25-35 mins**

If you're looking to keep the calories in check, whip up this quick and easy, 4-step recipe, that you'll have plated up in no time. Aussie-spiced salmon will become your new favourite combo and paired with golden sweet potato fries and a tartare-laced garden salad, here you have your new go-to salmon dinner.

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

 Eat Me First

Pantry items

Olive Oil, Honey, Vinegar (White Wine or Balsamic)

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
salmon	1 small packet	1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
honey*	1 tsp	2 tsp
tomato	1	2
carrot	1	2
vinegar* (white wine or balsamic)	drizzle	drizzle
mixed salad leaves	1 small bag	1 medium bag
fetta	1 medium packet	1 large packet
tartare sauce	1 medium packet	1 large packet
premium sirloin tip**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2792kJ (667Cal)	521kJ (125Cal)
Protein (g)	37.4g	7g
Fat, total (g)	42g	7.8g
- saturated (g)	7.2g	1.3g
Carbohydrate (g)	34.5g	6.4g
- sugars (g)	12.8g	2.4g
Sodium (mg)	871mg	162mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2173kJ (519Cal)	398kJ (95Cal)
Protein (g)	39.5g	7.2g
Fat, total (g)	24.8g	4.5g
- saturated (g)	5.4g	1g
Carbohydrate (g)	33g	6g
- sugars (g)	12.8g	2.3g
Sodium (mg)	906mg	166mg

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



1



Bake the fries

- Preheat oven to **240°C/220°C fan-forced**. Cut **sweet potato** into fries.
- Spread **fries** over a large microwave-safe plate. Cover with a damp paper towel. Microwave **fries** on high, **4 minutes**.
- Drain any excess liquid, then place fries on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then bake until golden and tender, **10-15 minutes**.

TIP: Start by partially cooking fries in the microwave for a quicker overall cook time!

3



Make the salad

- Meanwhile, roughly chop **tomato**. Grate **carrot**.
- In a second large bowl, combine a drizzle of **olive oil** and the **vinegar**. Add **carrot, tomato, mixed salad leaves** and crumbled **fetta**. Toss to combine and season to taste.

2



Bake the salmon

- Meanwhile, in a large bowl, combine **salmon, Aussie spice blend** and a drizzle of **olive oil**.
- Place **salmon** on a second lined oven tray skin-side down and bake until just cooked through, **8-12 minutes**.
- When salmon is cooked, drizzle over the **honey**.

Custom Recipe: If you swapped to premium sirloin tip, combine sirloin steak with Aussie spice blend as above. In a large frying pan, heat a drizzle of olive oil over high heat. Add premium sirloin tip to hot pan. Sear until browned, 1 minute on both sides. Transfer to a lined oven tray and roast for 15-20 minutes for medium or until cooked to your liking. Remove from oven and cover with foil to rest for 10 minutes (the meat will keep cooking as it rests!).

4



Serve up

- Divide baked spiced salmon, fries and garden fetta salad between plates.
- Top with a dollop of **tartare sauce** to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate