



HelloFresh.com.au

hello@hellofresh.com.au | (02) 8188 8722

WK09  
2016



## Salmon with Zucchini Salsa & Smashed Potatoes

This tasty pickled zucchini salsa would be good on just about anything. Perched atop tender salmon and served with crispy smashed potatoes, these three are a wining trio. Now you've learned to pickle your own veg, you won't stop there - try it with carrot or cucumber or let your imagination run wild!



**Prep:** 10 mins

**Cook:** 25 mins

**Total:** 35 mins



level 2



seafood  
first



high  
protein

### Pantry Items



White Wine  
Vinegar



White Sugar



Olive Oil



Potatoes



Zucchini



Mint



Salmon

JOIN OUR PHOTO CONTEST

f t i #HelloFreshAU

2P	4P	Ingredients
400 g	800 g	potatoes, halved
1	2	zucchini, peeled into ribbons
1 tsp	2 tsp	white wine vinegar *
1 bunch	2 bunches	mint, finely chopped
½ tsp	1 tsp	white sugar *
2 fillets	4 fillets	salmon
2 tbs	4 tbs	olive oil *

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

#### Nutrition per serve

Energy	2020	Kj
Protein	37.7	g
Fat, total	22.5	g
-saturated	4.1	g
Carbohydrate	29.5	g
-sugars	3.9	g
Sodium	80	mg



**You will need:** *chef's knife, chopping board, vegetable peeler, baking paper lined oven tray, paper towel lined plate, medium bowl, large saucepan, and a medium frying pan.*

**1** Preheat the oven to **200°C/180°C fan-forced**.

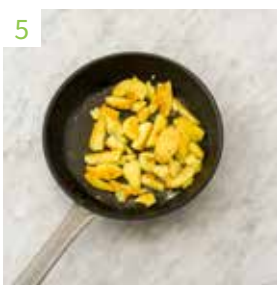
**2** Place the **potatoes** in a large saucepan and cover with cold water. Bring to the boil over a medium-high heat and cook for **10 minutes** or until tender. Drain really well and then absorb any excess moisture on a paper towel lined plate. Using the side of a chef's knife slightly flatten potato pieces to roughen up the edges. Set aside.



**3** Meanwhile, to make the green salsa, place the **zucchini ribbons** in a medium bowl and add the **white wine vinegar, mint, white sugar** and a drizzle of olive oil. Toss well and set aside.



**4** Heat a greased medium frying pan over a medium-high heat. Season the **salmon fillets** on both sides with **salt** and **pepper** and then add them to the frying pan and cook for **1 minute** on each side. Transfer the salmon to the prepared oven tray and cook in the oven for **7-8 minutes** or until cooked to your liking.



**5** Meanwhile, wipe the same medium frying pan clean with paper towel and heat the **olive oil** over a medium-high heat. Carefully add the smashed potatoes and cook for **5 minutes** tossing the potatoes occasionally until golden and crispy. Season to taste with salt and pepper. Remove from the frying pan and drain on paper towel.

**6** To serve, divide the smashed potatoes and salmon fillets between plates. Top the salmon fillets with the zucchini ribbon salsa.