



Lemon Pepper Salmon

with Garlic Crushed Potatoes, Veggies & Herby-Butter Sauce

Grab your Meal Kit with this symbol



Potato



Salmon



Lemon Pepper Seasoning



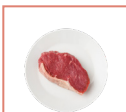
Garlic Paste



Carrot & Zucchini Mix



Parsley



Beef Rump

Prep in: 10-20 mins
Ready in: 30-40 mins

Eat Me First

You can't go wrong with the classic combo of salmon and fresh herbs. Complete the dish with crushed potatoes to balance out the lovely richness of the salmon and sauce, plus garlic-laced veggies for some extra colour, texture and goodness.

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

Pantry items

Olive Oil, Butter

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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
salmon	1 small packet	2 small packets OR 1 large packet
lemon pepper seasoning	1 sachet	2 sachets
garlic paste	2 packet	4 packets
carrot & zucchini mix	1 medium bag	1 large bag
butter*	40g	80g
parsley	1 bag	1 bag
beef rump**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2955kJ (706Cal)	519kJ (124Cal)
Protein (g)	37.2g	6.5g
Fat, total (g)	44.3g	7.8g
- saturated (g)	15.4g	2.7g
Carbohydrate (g)	38.6g	6.8g
- sugars (g)	8.7g	1.5g
Sodium (mg)	592mg	104mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2348kJ (561Cal)	406kJ (97Cal)
Protein (g)	38.7g	6.7g
Fat, total (g)	28.1g	4.9g
- saturated (g)	13.3g	2.3g
Carbohydrate (g)	36.3g	6.3g
- sugars (g)	8.7g	1.5g
Sodium (mg)	627mg	108mg
Dietary Fibre	6.6g	1.1g

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



Get prepped

- Bring a medium saucepan of lightly salted water to the boil.
- Chop **potato** into bite-sized chunks.
- Pat **salmon** dry with a paper towel. In a medium bowl combine **lemon pepper seasoning** and a drizzle of **olive oil**. Add **salmon**, gently turn to coat.

Custom Recipe: If you've swapped to beef rump, place beef between two sheets of baking paper. Pound with a rolling pin until slightly flattened. Season.

3



Cook the veggies & salmon

- Meanwhile, in a medium heatproof bowl, combine a drizzle of **olive oil** and the remaining **garlic paste**. Microwave until fragrant, **10 second** bursts.
- To the bowl with the garlic oil, add **carrot & zucchini mix** and a splash of **water** then cover with a damp paper towel. Microwave **carrot & zucchini mix** on high until just tender, **4-5 minutes**. Drain, then return **veggies** to the bowl. Season with **salt** and **pepper** to taste and cover to keep warm.
- In a frying pan, heat with a drizzle of **olive oil** over medium-high. When oil is hot, cook **salmon**, skin-side down first, until cooked through, **2-4 minutes** each side. Add the **butter** and cook until melted and browned slightly, **1-2 minutes**. Remove from heat, then tear in **parsley**. Season to taste.

Custom Recipe: In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook beef, turning, for 3-6 minutes (depending on thickness), or until cooked to your liking. Transfer to a plate to rest. Cook sauce as above.

2



Make the potatoes

- Cook **potato** in the boiling water until easily pierced with a fork, **12-15 minutes**. Drain, then set **potato** aside.
- Return saucepan to medium-high heat. Add a drizzle of **olive oil** and half the **garlic paste** and cook, stirring, until fragrant, **1 minute**.
- Add **potato** and a generous pinch of **salt** to the saucepan and toss to coat. Lightly crush with a fork (add a splash of water if the potato looks dry!). Cover to keep warm.

4



Serve up

- Divide salmon, garlic crushed potatoes and veggies between plates.
- Spoon parsley-butter sauce over salmon and potatoes to serve. Enjoy!

Custom Recipe: Slice beef rump to serve.

Rate your recipe

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