



Lemon Pepper Salmon Pita Pockets

with Cucumber Salad & Garlic Yoghurt

FEEL-GOOD TAKEAWAY

NEW

Grab your meal kit with this number

6



Red Onion



Carrot



Cucumber



Garlic



Greek-Style Yoghurt



Salmon



Lemon Pepper Seasoning



Mixed Salad Leaves



Pita Bread



Salmon



Haloumi

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

Eat Me Early

Perfectly seasoned lemon pepper salmon, a crisp cucumber and carrot ribbon salad and a creamy garlic yoghurt sauce, come together to create another unforgettable pita pocket meal. This light yet satisfying dish combines zesty flavours and a refreshing crunch in every bite!

Pantry items

Olive Oil, White Wine Vinegar, Honey

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	1	2
white wine vinegar*	¼ cup	½ cup
carrot	1	2
cucumber	1	2
garlic	1 clove	2 cloves
Greek-style yoghurt	1 medium packet	1 large packet
salmon	1 medium packet	2 medium packets OR 1 large packet
lemon pepper seasoning	1 sachet	2 sachets
mixed salad leaves	1 medium packet	1 large packet
pita bread	2	4
honey*	1 tbs	2 tbs

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3152kJ (753Cal)	558kJ (133Cal)
Protein (g)	44.6g	7.9g
Fat, total (g)	31.4g	5.6g
- saturated (g)	7.5g	1.3g
Carbohydrate (g)	76.9g	13.6g
- sugars (g)	26.7g	4.7g
Sodium (mg)	957mg	169mg
Dietary Fibre (g)	9.4g	1.7g

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

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Pickle the onion

- Thinly slice **red onion**.
- In a small bowl, combine the **white wine vinegar** and a good pinch of **sugar** and **salt**.
- Scrunch sliced **onion** in your hands, then add to **pickling liquid**. Add enough **water** to just cover onion. Set aside.



Cook the salmon

- Wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**.
- Pat **salmon** dry with paper towel. In a medium bowl, combine **salmon**, **lemon pepper seasoning**, a drizzle of **olive oil** and a pinch of **salt**.
- When oil is hot, cook **salmon**, skin-side down first, until just cooked through, **2-4 minutes** each side. Transfer to a plate. Flake **salmon** into bite-sized chunks.

TIP: *Patting the skin dry helps it crisp up in the pan!*



Get prepped

- Meanwhile, using a vegetable peeler, peel **carrot** into ribbons.
- Thinly slice **cucumber** into half-moons.
- Finely chop **garlic**.



Toss the salad & heat the pita

- Drain **pickled onion**, reserving a splash of **pickling liquid** for the **salad**. Place in a large bowl.
- Add **carrot**, **cucumber**, **mixed salad leaves**, a splash of the **pickling liquid** and a drizzle of **olive oil**. Toss to combine and season to taste.
- Toast or grill **pita bread** to your liking.



Make the garlic yoghurt

- In a large frying pan, heat a drizzle of **olive oil** and **garlic** over medium-high heat until fragrant, **1 minute**. Transfer to another small bowl.
- Add **Greek-style yoghurt** to garlic oil mixture and combine. Season to taste.



Finish & serve

- Halve pita bread and spread with garlic yoghurt. Fill with some cucumber salad and lemon pepper salmon. Drizzle with the **honey**.
- Serve with remaining salad. Enjoy!

CUSTOM OPTIONS



DOUBLE SALMON

Follow method above, cooking in batches if necessary.



ADD HALOUMI

Cut into 1cm-thick slices. Cook with a drizzle of olive oil until golden brown, 1-2 minutes each side.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

