



# ALMOND CRUSTED SALMON & ROSEMARY POTATOES

with Dill-Parsley Mayo



Top salmon with  
an almond crust



Potato



Rosemary



Garlic



Roasted Almonds



Panko Breadcrumbs



Salmon



Cucumber



Rocket Leaves



Dill & Parsley  
Mayonnaise

**Pantry Staples:** Olive Oil, Balsamic Vinegar, Honey

Hands-on: 15 mins  
Ready in: 30 mins

Eat me first

Set the table and get ready to impress with this succulent salmon dish. It's impressive enough for a special occasion and easy enough for a weeknight dinner. The crust is so delicious that we reckon you'll be eating the loose bits straight off the tray. You can thank us later!



# BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **two oven trays** lined with **baking paper**



## 1 ROAST THE ROSEMARY POTATOES

Preheat the oven to **220°C/200°C fan-forced**. Chop the **potato** (unpeeled) into 1cm chunks. Pick and finely chop the **rosemary** leaves. Place the **potato**, **1/2** the rosemary, a **drizzle of olive oil** and a **pinch of salt and pepper** on an oven tray lined with baking paper. Toss to coat, then roast until tender, **25-30 minutes**. **TIP:** *Cut the potato to the correct size so it cooks in the allocated time.*



## 2 MAKE THE ALMOND CRUST

While the potatoes are roasting, finely chop the **garlic** (or use a garlic press). Using a rolling pin or the base of a saucepan, crush the **roasted almonds** in their packet (or finely chop if you prefer!). In a small bowl, combine the **garlic, almonds, panko breadcrumbs** (see ingredients list), the **salt, remaining rosemary** and **olive oil** (2 tsp for 2 people / 1 tbs for 4 people).



## 3 BAKE THE SALMON

Pat the **salmon** dry with paper towel and season both sides with a **pinch of salt and pepper**. Place on a second oven tray lined with baking paper. Spoon the **almond-panko mixture** over the top of the salmon and gently press down so the crust sticks. In the last **8-12 minutes** of the potato cooking time, bake the salmon until it is just cooked through and the crust is slightly golden. **TIP:** *It's OK if some of the almond crust falls off!*



## 4 MAKE THE SALAD DRESSING

While the salmon is baking, combine the **balsamic vinegar, honey** and **olive oil** (1 tbs for 2 people / 2 tbs for 4 people) in a medium bowl. Season with a **pinch of salt and pepper** and mix well.



## 5 PREP THE SALAD

Thinly slice the **cucumber** into half-moons. Add the cucumber and **rocket leaves** to the bowl with the salad dressing and toss to coat. **TIP:** *Dress the salad just before serving to keep the leaves crisp.*



## 6 SERVE UP

Divide the almond-crusted salmon, rosemary potatoes and salad between plates. Serve with the **dill & parsley mayonnaise** and sprinkle any almond crust remaining on the tray over the salad.

# ENJOY!

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	2	4
rosemary	1 bunch	1 bunch
garlic	1 clove	2 cloves
roasted almonds	1 packet	2 packets
panko breadcrumbs	½ packet	1 packet
salt*	¼ tsp	½ tsp
salmon	1 packet	1 packet
balsamic vinegar*	1 tbs	2 tbs
honey*	1 tsp	2 tsp
cucumber	1	2
rocket leaves	1 bag (60 g)	1 bag (120 g)
dill & parsley mayonnaise	1 tub (50 g)	1 tub (100 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2960kJ (707Cal)	575kJ (137Cal)
Protein (g)	38.6g	7.5g
Fat, total (g)	40.5g	7.9g
- saturated (g)	5.4g	1.0g
Carbohydrate (g)	45.2g	8.8g
- sugars (g)	7.6g	1.5g
Sodium (g)	514mg	100mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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