



# Aussie-Spiced Salmon Traybake

with Fries & Roast Veggie Toss

Grab your Meal Kit with this symbol



Potato



Carrot



Beetroot



Sweetcorn



Aussie Spice Blend



Salmon



Baby Spinach Leaves



Garlic Aioli

### Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: **10-20 mins**  
 Ready in: **35-45 mins**  
 Naturally Gluten-Free  
*Not suitable for coeliacs*

Eat Me First

This simple yet stunning meal is done in four steps and uses only two oven trays to save on washing up! The rich salmon works a treat with our Aussie spice blend, while the subtle sweetness of the roast veggies provides the perfect balance of flavours.

### Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## You will need

Two oven trays lined with baking paper

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
carrot	1	2
beetroot	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
Aussie spice blend	1 sachet	2 sachets
salmon	1 small packet	1 large packet
baby spinach leaves	1 small bag	1 medium bag
vinegar* (white wine or balsamic)	drizzle	drizzle
garlic aioli	1 packet (50g)	1 packet (100g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3047kJ (728Cal)	480kJ (115Cal)
Protein (g)	38.6g	6.1g
Fat, total (g)	42.6g	6.7g
- saturated (g)	6.2g	1g
Carbohydrate (g)	43.7g	6.9g
- sugars (g)	15.1g	2.4g
Sodium (mg)	740mg	117mg

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](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Bake the fries & veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into fries. Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Slice **carrot** into thick rounds. Cut **beetroot** into 1cm chunks. Drain **sweetcorn**. Place **carrot**, **beetroot** and **corn** on a second lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Bake fries until tender, **20-25 minutes**. Roast veggies until almost tender, **15-20 minutes** (they will finish cooking in step 3).



## Bake the salmon & veggies

- Remove **veggie** tray from oven. Move **veggies** to one side.
- Place **salmon**, skin-side down, on the other side.
- Bake until salmon is just cooked through and veggies are tender, **8-12 minutes**.



## Flavour the salmon

- Meanwhile, combine **Aussie spice blend** and a drizzle of **olive oil** in a medium bowl.
- Add **salmon** and turn to coat.



## Serve up

- In a medium bowl, combine roasted **veggies** and the **baby spinach leaves** with a drizzle of **vinegar**.
- Divide Aussie-spiced salmon, fries and roast veggie toss between plates.
- Serve with **garlic aioli**.

## Enjoy!