



Crispy-Skinned Salmon

with Green Risoni & Dill Yoghurt



Cook crispy
skinned salmon



Spring Onion



Parsley



Dill



Zucchini



Garlic



Lemon



Risoni



Vegetable Stock



Salmon



Baby Spinach
Leaves



Greek Yoghurt



Hands-on: **20** mins
Ready in: **25** mins



Eat me first

F



Low calorie

Light, fresh and tasty is the name of this dinner's game. For the perfect crunchy punch of texture, allow the pan to get nice and hot before you drop in the salmon, skin-side down. It's the secret to crispy skin that won't stick!

Pantry Staples: Olive Oil, Butter

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife**, **chopping board**, **fine grater**, **medium saucepan**, **wooden spoon**, **sieve**, **medium frying pan**, **spatula** and **small bowl**.



1 GET PREPPED

Thinly slice the **spring onion**. Cut the **zucchini** into 1cm half moons. Finely chop the **parsley**. Pick and finely chop the **dill** leaves. Finely chop the **garlic** (or use a garlic press). Zest the **lemon** to get a **pinch**.



2 COOK THE RISONI

In a medium saucepan, heat the **butter** and a **dash** of **olive oil** over a medium-high heat. **TIP:** Omit the butter for the low calorie option. Add the **spring onion** and **zucchini** and cook for **2-3 minutes**, or until almost tender. Add the **garlic** and **lemon zest** and cook for **1 minute**, or until fragrant. Add the **risoni**, **water** (see ingredients list) and crumble in the **vegetable stock** cube then bring to the boil. Cook for **7-8 minutes**, or until 'al dente'. Drain any remaining water and return to the saucepan.



4 ADD GREENS TO THE RISONI

Add the **parsley**, **baby spinach leaves** and a **drizzle** of **olive oil** to the risoni, season with a **pinch** of **salt** and **pepper** and mix well. **TIP:** Seasoning is key in this dish, so taste, season with salt and pepper and taste again. Set aside.



5 MAKE THE DILL YOGHURT

In a small bowl, combine the **Greek yoghurt**, **dill** and a squeeze of **lemon juice**. Season to taste with **salt** and **pepper** and mix well. **TIP:** Feel free to add more or less lemon juice, according to your taste. Slice the remaining lemon into wedges.



3 COOK THE CRISPY SALMON

While the risoni is cooking, heat a **drizzle** of **olive oil** in a medium frying pan over a medium-high heat. Pat the **salmon** dry with paper towel and season with a **pinch** of **salt** and **pepper**. **TIP:** Patting the skin dry helps the skin crisp up in the pan. Once hot, add the salmon to the pan, skin-side down, and cook for **2-4 minutes** on each side (depending on thickness), or until just cooked through.



6 SERVE UP

Divide the salmon and green risoni between plates. Spoon over the dill yoghurt. Serve with lemon wedges.

Enjoy!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
spring onion	1 bunch	1 bunch
zucchini	1	2
parsley	1 bunch	1 bunch
dill	1 bunch	1 bunch
garlic	1 clove	2 cloves
lemon	1	2
butter*	20 g	40 g
risoni	1 packet	2 packets
water*	1 ½ cups	3 cups
vegetable stock	1 cube	2 cubes
salmon	1 packet	1 packet
baby spinach leaves	1 bag (70 g)	1 bag (140 g)
Greek yoghurt	1 tub (100 g)	1 tub (200 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2230kJ (532Cal)	498kJ (119Cal)
Protein (g)	39.0g	8.7g
Fat, total (g)	21.0g	4.7g
- saturated (g)	5.0g	1.1g
Carbohydrate (g)	43.3g	9.7g
- sugars (g)	8.6g	1.9g
Sodium (g)	542mg	121mg

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

→ JOIN OUR PHOTO CONTEST!

#HelloFreshAU

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

Hello@HelloFresh.com.au

2018 | WK27

HelloFRESH