

# Crispy-Skinned Salmon

with Green Risoni & Dill Yoghurt



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!



Cook crispy skinned salmon





Spring Onion







Dill







Garlic

Lemon





Vegetable Stock



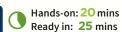
Salmon

Baby Spinac



Greek Yoghurt

Pantry Staples: Olive Oil, Butter







Low calorie

## 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.



# 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.



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.



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.



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.



**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*	1½ cups	3 cups
vegetable stock	1 cube	2 cubes
salmon	1 packet	1 packet
baby spinach leaves	<b>1 bag</b> (70 g)	1 bag (140 g)
Greek yoghurt	1 tub (100 g)	1 tub (200 g)

\*Pantry Items

NUTRITION	PER SERVING	<b>PER 100G</b>
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

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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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2018 | WK27

