



# Dijon-Crusted Salmon Traybake

with Roasted Veggies & Balsamic Glaze

Grab your Meal Kit with this symbol



Potato



Beetroot



Carrot



Green Beans



Garlic



Panko Breadcrumbs



Salmon



Dijon Mustard



Balsamic Glaze

Hands-on: 20-30 mins  
Ready in: 40-50 mins

Eat me first

This one-tray wonder turns veggies into an assortment of delectable delights, while an unexpected layer of Dijon mustard in the crumb turns this simple salmon dinner into the sort of meal you'd like to eat every night. Extra bonus: it's nutritionally balanced for you, too!

### Pantry items

Olive Oil

## 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
beetroot	1	2
carrot	1	2
green beans	1 bag (100g)	1 bag (200g)
garlic	2 cloves	4 cloves
panko breadcrumbs	½ packet	1 packet
salmon	1 small packet	1 large packet
Dijon mustard	1 tub (15g)	2 tubs (30g)
balsamic glaze	drizzle	drizzle

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2727kJ (650Cal)	449kJ (107Cal)
Protein (g)	37.7g	6.2g
Fat, total (g)	28.7g	4.7g
- saturated (g)	5.9g	1g
Carbohydrate (g)	55g	9.1g
- sugars (g)	19.8g	3.3g
Sodium (mg)	297mg	49mg

## Allergens

Always read product labels for the most up-to-date allergen information.

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



## 1. Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm wedges. Cut the **beetroot** and **carrot** (unpeeled) into 1cm fries. Spread the **potato** on an oven tray lined with baking paper. Spread the **beetroot** and **carrot** on a second oven tray lined with baking paper. **Drizzle** both trays with **olive oil** and season with **salt**. Toss to coat, then roast until almost tender, **15-20 minutes** (the veggies will finish cooking in step 4).

**TIP:** Cut the veggies to the correct size so they cook in the allocated time.



## 4. Prep the salmon

When the potato has been roasting for **15-20 minutes**, remove the **potato** tray from the oven and move the **potato** to one side. Season the **salmon fillets** all over with **salt** and **pepper** and place, skin-side down, on the other side of the tray and spread the top with the **Dijon mustard**. Spoon the **crumb** on top of the **mustard** and press down to help it stick.

**TIP:** Some crumb will fall off, don't worry!



## 2. Get prepped

While the veggies are roasting, trim the **green beans**. Finely chop the **garlic** (or use a garlic press).



## 3. Make the crumb

In a medium bowl, combine the **panko breadcrumbs** (see ingredients list), **garlic**, a **good drizzle of olive oil** and a **pinch of salt and pepper**. Set aside.



## 5. Bake the traybake

Add the **green beans** to any free space on the tray, **drizzle** with **olive oil** and season with **salt** and **pepper**. Return the tray to the oven and bake until the **salmon** is just cooked through and the veggies are tender, **10 minutes**.

**TIP:** Divide the beans between the two trays if necessary.



## 6. Serve up

Divide the Dijon-crusted salmon and roasted veggies between plates. **Drizzle** with a little **balsamic glaze** to serve.

**Enjoy!**