



DUKKAH & DILL-CRUSTED SALMON

with Carrot Fries & Garden Salad



Make carrot fries



Carrot



Parsley



Dill



Panko Breadcrumbs



Dukkah



Salmon



Tomato



Balsamic Vinaigrette Dressing



Spinach & Rocket Mix



Dill & Parsley Mayonnaise

Pantry Staples: Olive Oil

Hands-on: **20** mins
Ready in: **30** mins

Eat me first

F Low calorie

Sometimes you want to put dinner in the oven and forget about it. That's why this clever meal of salmon and sides involves no stove time at all. Both the easy carrot fries and the dukkah-crusted fish are baked, leaving you free to mix up a quick salad and get ready to enjoy the explosion of flavours.

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 BAKE THE CARROT FRIES

Preheat the oven to **220°C/200°C fan-forced**. Slice the **carrots** (unpeeled) into 1cm fries. Place the carrot fries on an oven tray lined with baking paper, **drizzle** with **olive oil** and season with a **pinch** of **salt** and **pepper**. Toss to coat, then bake until tender, **25-30 minutes**.



2 MAKE THE HERB CRUST

While the carrot fries are baking, finely chop the **parsley** leaves. Pick the **dill** leaves and finely chop. In a medium bowl, place the parsley, dill, **panko breadcrumbs** (see **ingredients list**) and **dukkah**. Add **olive oil** (**1 tbs for 2 people / 2 tbs for 4 people**) and mix well.



3 PREP THE SALMON

Pat the **salmon fillets** dry with paper towel and place, skin-side down, on a second oven tray lined with baking paper. Lightly coat or spray with **olive oil**. Spoon the **herb crust mixture** onto the top side of the salmon and gently press down so it sticks. Some will fall off – don't worry, you'll use it later!



4 BAKE THE SALMON

Bake the **salmon** on the top rack for the final **6-10 minutes** of the carrot cooking time, or until the crust is golden and the salmon is just cooked through. **TIP:** *It's okay to serve salmon slightly rare in the middle!*



5 MAKE THE SALAD

While the salmon is baking, cut the **tomato** into 1cm chunks. In a medium bowl, add the **balsamic vinaigrette dressing** (see **ingredients list**), season with **salt** and **pepper** and mix well. Add the tomato and **spinach & rocket mix** and toss to coat just before serving.



6 SERVE UP

Divide the dill-crusted salmon, carrot fries and salad between plates. Sprinkle over any remaining crust and serve with **dill & parsley mayonnaise**. **TIP:** *For the low-calorie option, serve without the dill & parsley mayonnaise.*

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
carrot	4	8
parsley	1 bunch	1 bunch
dill	1 bunch	1 bunch
panko breadcrumbs	½ packet	1 packet
dukkah	1 sachet	2 sachets
salmon	1 packet	1 packet
tomato	1	2
balsamic vinaigrette dressing	½ tub	1 tub
spinach & rocket mix	1 bag (30 g)	1 bag (60 g)
dill & parsley mayonnaise	1 tub (50 g)	1 tub (100 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2100kJ (501Cal)	404kJ (96Cal)
Protein (g)	34.4g	6.6g
Fat, total (g)	25.3g	4.9g
- saturated (g)	4.0g	0.8g
Carbohydrate (g)	28.5g	5.5g
- sugars (g)	17.7g	3.4g
Sodium (g)	775mg	149mg

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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