



# Dukkah Salmon & Garlic Yoghurt

## with Roast Veggie Medley

Grab your Meal Kit with this symbol



Sweet Potato



Zucchini



Beetroot



Red Onion



Tomato



Garlic



Greek Yoghurt



Salmon



Dukkah



Baby Spinach Leaves



Hands-on: **15-25** mins  
Ready in: **30-40** mins



Naturally gluten-free  
*Not suitable for Coeliacs*



Eat me first

They say to eat the rainbow so we've created a meal that'll get you feeling all healthy and happy. This delightful dinner is loaded with roasted veggies while a crispy dukkah-coated salmon makes it a nutritionally balanced plate of pure goodness.

### 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 ·  
Medium frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
zucchini	1	2
beetroot	1	2
red onion	1	2
tomato	1	2
garlic	2 cloves	4 cloves
Greek yoghurt	1 packet (100g)	1 packet (200g)
salmon	1 small packet	2 small packets
dukkah	1 sachet	2 sachets
baby spinach leaves	1 bag (30g)	1 bag (60g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2722kJ (650Cal)	406kJ (97Cal)
Protein (g)	37.8g	5.6g
Fat, total (g)	34g	5.1g
- saturated (g)	7.3g	1.1g
Carbohydrate (g)	42.7g	6.4g
- sugars (g)	27.2g	4.1g
Sodium (mg)	621mg	93mg

## 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.



## 1. Prep the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** (unpeeled), **zucchini** and **beetroot** into 1cm chunks. Slice the **red onion** and **tomato** into 2cm wedges.

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



## 2. Roast the veggies

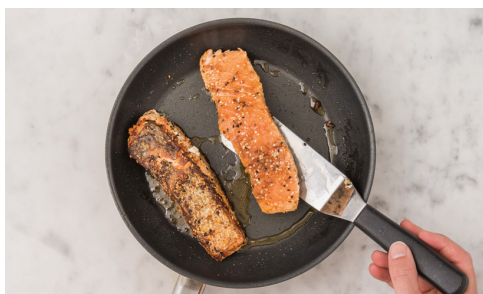
Place the **sweet potato** and **beetroot** on one oven tray lined with baking paper. Place the **zucchini**, **tomato** and **onion** on a second oven tray lined with baking paper. **Drizzle** with both trays with **olive oil** and season with **salt** and **pepper**. Toss to coat, then spread out in a single layer. Roast both trays until tender, **25-30 minutes**.

**TIP:** Beetroot retains a lot of its firmness when cooked. You can tell it's cooked when it can be easily pierced with a fork.



## 3. Make the garlic yoghurt

While the veggies are roasting, finely chop the **garlic** (or use a garlic press). Heat a **drizzle** of **olive oil** in a medium frying pan over a medium-high heat. Add the **garlic** and cook until fragrant, **1 minute**. Transfer to a small bowl. Add the **Greek yoghurt** and a **pinch** of **salt**, then stir to combine. Set aside.



## 4. Cook the salmon

In a medium bowl, combine the **salmon**, a **drizzle** of **olive oil** and a **sprinkle** of the **dukkah**. Toss to coat and set aside. When the **veggies** have **10 minutes** cook time remaining, return the frying pan to a medium heat with a **drizzle** of **olive oil**. When the oil is hot, add the **salmon** to the pan, skin-side down, and cook until just cooked through, **2-4 minutes** each side (depending on thickness).

**TIP:** The spice blend will char in the pan, this adds to the flavour!



## 5. Bring it all together

In a large bowl, combine the **roasted veggies** and **salmon**. Toss to combine.



## 6. Serve up

Divide the roast veggies and dukkah salmon between plates. Serve with the garlic yoghurt.

**Enjoy!**