



Easy Dill-Parsley Crumbed Salmon

with Garlic & Herb Veggie Toss

Grab your Meal Kit with this symbol



Potato



Chopped Veggie Mix



Garlic & Herb Seasoning



Garlic



Lemon



Panko Breadcrumbs



Dill & Parsley Mayonnaise



Salmon



Baby Spinach Leaves

Hands-on: **15-25 mins**
 Ready in: **35-45 mins**

Eat Me First

Who doesn't want an easy weeknight dinner? This one ticks all the boxes! Using only two oven trays, this herby crumbed salmon and roast veggie toss will totally knock your socks off.

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
chopped veggie mix	1 packet (250g)	1 packet (500g)
garlic & herb seasoning	1 sachet	2 sachets
garlic	1 clove	2 cloves
lemon	½	1
panko breadcrumbs	½ medium packet	1 medium packet
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)
salmon	1 packet	1 packet
baby spinach leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3131kJ (748Cal)	562kJ (134Cal)
Protein (g)	37.6g	6.8g
Fat, total (g)	45.3g	8.1g
- saturated (g)	7.4g	1.3g
Carbohydrate (g)	45.1g	8.1g
- sugars (g)	9.3g	1.7g
Sodium (mg)	556mg	100mg

The quantities provided above are averages only.

Allergens

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

Visit 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 oven to **220°C/200°C fan-forced**.
- Cut **potato** into bite-sized chunks.
- Place **potato, chopped veggie mix, garlic & herb seasoning** and a drizzle of **olive oil** on a lined oven tray. Season with **salt** and **pepper**. Toss to coat, then bake until tender, **25-30 minutes**.

3



Bake the salmon

- Place **salmon** on a second lined oven tray.
- Spread 1/2 the **dill & parsley mayonnaise** over the **salmon** then coat with the **crumb mixture**, pressing down with your fingers to help it stick.
- Bake until salmon is just cooked through, **8-10 minutes**.

2



Get prepped

- Meanwhile, finely chop **garlic**.
- Zest **lemon** to get a good pinch, then slice into wedges.
- In a medium bowl, combine **panko breadcrumbs** (see ingredients), **garlic**, **lemon zest** and a drizzle of **olive oil**. Season. Stir to combine.

4



Serve up

- Once veggies are done, combine the **baby spinach leaves** and a squeeze of **lemon juice** with the **roasted veggies** on the tray.
- Divide the dill-parsley crumbed salmon and the garlic and herb veggie toss between plates.
- Serve with any remaining dill & parsley mayonnaise and lemon wedges.

Enjoy!