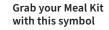


Easy Dill-Parsley Crumbed Salmon with Garlic & Herb Veggie Toss











Potato

Chopped Veggie Mix



Garlic & Herb Seasoning









Lemon

Panko Breadcrumbs







Salmon

Dill & Parsley Mayonnaise



Baby Spinach

Leaves

Pantry items

Olive Oil

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



Eat Me First

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	1/2	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.



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.



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.



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.



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!