



# Herb-Crusted Salmon & Mash

with Parmesan & Sautéed Veggies

Grab your Meal Kit  
with this symbol



Potato



Garlic



Herb Crumbing  
Mix



Grated Parmesan  
Cheese



Salmon



Zucchini



Carrot



Garlic Aioli

Prep in: **20-30 mins**  
Ready in: **25-35 mins**

Eat Me First

Salmon is such a versatile protein. There's no need to serve it plain when you have our herb crumbing mix and some sharp Parmesan handy for a speedy dinner that's deliciously different!

## Pantry items

Olive Oil, Butter, Milk, Honey



## 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

Medium saucepan with a lid · Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter*	40g	80g
milk*	2 tbs	¼ cup
garlic	1 clove	2 cloves
herb crumbing mix	½ medium packet	1 medium packet
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
salmon	1 small packet	1 large packet
zucchini	1	2
carrot	1	2
honey*	½ tsp	1 tsp
garlic aioli	1 packet (50g)	1 packet (100g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3916kJ (935Cal)	685kJ (163Cal)
Protein (g)	42.8g	7.5g
Fat, total (g)	65.7g	11.5g
- saturated (g)	19.9g	3.5g
Carbohydrate (g)	43.5g	7.6g
- sugars (g)	13.2g	2.3g
Sodium (mg)	496mg	87mg

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](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



## Make the mash

- Preheat oven to **220°C/200°C fan-forced**. Bring a medium saucepan of **salted water** to the boil.
- Peel **potato** and cut into large chunks. Cook in the boiling water until easily pierced with a knife, **12-15 minutes**. Drain and return to pan.
- Add the **butter** and **milk** to **potato**. Season generously with **salt**, then mash until smooth. Cover to keep warm.

**TIP:** Save time and get more fibre by leaving the potato unpeeled!

3



## Cook the veggies

- While salmon is baking, thinly slice **zucchini** and **carrot** into rounds.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **zucchini** and **carrot**, tossing, until softened, **6-7 minutes**. Add **garlic** and cook until fragrant, **1 minute**.
- Season, then add the **honey**, tossing veggies to coat. Remove from heat.

2



## Get prepped & bake the salmon

- While potato is cooking, finely chop **garlic** and set aside.
- In a small bowl, combine **herb crumbing mix** (see ingredients), **grated Parmesan cheese** and a generous drizzle of **olive oil** in a small bowl. Season with **salt** and **pepper**. Stir to combine.
- Pat **salmon** dry with paper towel, then place, skin-side down, on a lined oven tray. Lightly coat or spray **salmon** with **olive oil**. Spoon **crust mixture** on top, gently pressing down so it sticks. Bake until just cooked through, **8-10 minutes**.

**TIP:** Some of the crust mixture will fall off – don't worry, you'll use it later!

4



## Serve up

- Divide herb-crusted salmon, sautéed veggies and mash between plates.
- Spoon any excess crumb from the tray over salmon.
- Serve with **garlic aioli**.

## Enjoy!