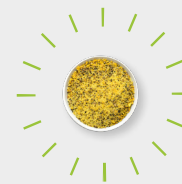




# LEMON PEPPER SALMON

with Roasted Potato & Creamy Pesto Dressing



Coat salmon in spiced flour for a crisp finish



Potato



Pistachios



Zucchini



Green Beans



Garlic



Lemon



Lemon Pepper  
Spice Blend



Salmon



Creamy Pesto  
Dressing



Hands-on: **25** mins

Ready in: **35** mins



Eat me first

F



Low calorie

All you need is a little pepper and citrus to bring salmon to life, then keep up the good work with golden potato and garlicky veggies topped with toasted pistachios. Oh, and don't forget to pat the salmon dry to make the skin super crispy!

**Pantry Staples:** Olive Oil, Plain Flour



## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **oven tray** lined with **baking paper** • **medium frying pan**



### 1 ROAST THE POTATO

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** (unpeeled) into 1cm chunks. Transfer to an oven tray lined with baking paper and add a **drizzle of olive oil** and a **pinch of salt** and **pepper**. Toss to coat, then roast until tender, **25-30 minutes**.

💡 **TIP:** Cut the potato to the correct size so it cooks in the allocated time.



### 2 GET PREPPED

While the potato is roasting, roughly chop the **pistachios**. Cut the **zucchini** into 1cm chunks. Trim the **green beans** and cut in half. Finely chop the **garlic** (or use a garlic press). Slice the **lemon** (see ingredients list) into wedges.



### 3 TOAST THE PISTACHIOS

Heat a medium frying pan over a medium-high heat. Add the **pistachios** and toast, tossing, until golden, **3-4 minutes**. Transfer to a plate.



### 4 COOK THE VEGGIES

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **zucchini** and **green beans** and cook until just tender, **4 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Season with a **pinch of salt** and **pepper**. Transfer to a medium bowl and cover to keep warm.



### 5 COOK THE SALMON

On a plate, combine the **plain flour**, **lemon pepper spice blend** and a **pinch of salt** and **pepper**. Pat the **salmon** dry with paper towel, then add to the **flour mixture** and turn to coat. Return the frying pan to a medium heat with a **drizzle of olive oil**. When the oil is hot, add the **salmon**, skin-side down, to the pan and cook until just cooked through, **2-4 minutes** each side (depending on thickness). 💡 **TIP:** Salmon can be served slightly blushing in the middle.



### 6 SERVE UP

Divide the lemon pepper salmon, roast potato, zucchini and beans between plates. Top the salmon with a dollop of **creamy pesto dressing** and sprinkle the pistachios over the veggies. Serve with the lemon wedges.

💡 **TIP:** For the low-calorie option, serve with 1/2 the creamy pesto dressing.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	2	4
pistachios	1 packet	2 packets
zucchini	1	2
green beans	1 bag (100g)	1 bag (200g)
garlic	1 clove	2 cloves
lemon	½	1
plain flour*	2 tsp	1 tbs
lemon pepper spice blend	1 sachet	2 sachets
salmon	1 packet	1 packet
creamy pesto dressing	1 packet (50g)	1 packet (100g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2060kJ (493Cal)	431kJ (103Cal)
Protein (g)	36.5g	7.6g
Fat, total (g)	25.2g	5.3g
- saturated (g)	3.7g	0.8g
Carbohydrate (g)	27.1g	5.6g
- sugars (g)	5.1g	1.1g
Sodium (g)	312mg	65mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://HelloFresh.com.au/foodinfo)

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