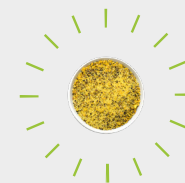




# LEMON PEPPER SALMON

with Dill-Parsley Mayo & Roast Veggie Toss



Add lemon pepper spice blend to salmon for zing!



Garlic



Sweet Potato



Beetroot



Zucchini



Red Onion



Salmon



Lemon Pepper  
Spice Blend



Baby Spinach  
Leaves



Dill & Parsley  
Mayonnaise

**Pantry Staples:** Olive Oil



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



Eat me first



Naturally gluten-free  
*Not suitable for Coeliacs*

All you need is a little pepper and citrus to bring salmon to life, then keep up the good work with sweet roasted veggies and herbed mayo. Don't forget to pat the salmon dry to make the skin super crispy!

## 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**



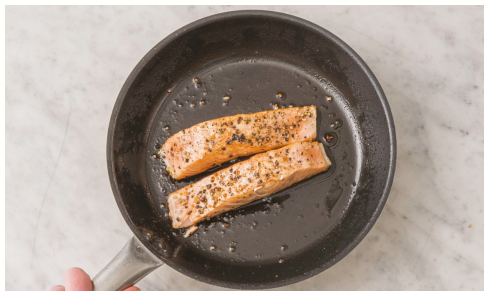
### 1 PREP THE VEGGIES

Preheat the oven to **240°C/220°C fan-forced**. Finely chop the **garlic** (or use a garlic press). Cut the **sweet potato** and **beetroot** (both unpeeled) into 1cm chunks. Cut the **zucchini** into 1cm chunks. Slice the **red onion** into 2cm wedges. **TIP:** Cut the veggies to the correct size so they cook in the allocated time.



### 2 ROAST THE VEGGIES

Place the **garlic**, **sweet potato**, **beetroot**, **zucchini** and **onion** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with **salt** and **pepper**. Toss to coat, then spread out in a single layer. Roast 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.



### 4 COOK THE SALMON

When the veggies have **10 minutes** cook time remaining, heat a **drizzle** of **olive oil** in a medium frying pan over a medium-high heat. 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, add the **roasted veggies** and **baby spinach leaves**. Toss to combine and season to taste with **salt** and **pepper**.



### 3 FLAVOUR THE SALMON

While the veggies are roasting, place the **salmon** on a plate and **drizzle** with a little **olive oil**. Sprinkle with the **lemon pepper spice blend** and season with **salt** and **pepper**. Set aside.



### 6 SERVE UP

Divide the roast veggie toss and lemon pepper salmon between plates. Serve with the **dill & parsley mayonnaise**.

## ENJOY!

## 2/4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
sweet potato	2	4
beetroot	1	2
zucchini	1	2
red onion	1	2
salmon	1 packet	2 packets
lemon pepper spice blend	1 sachet	2 sachets
baby spinach leaves	1 bag (30g)	1 bag (60g)
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2890kJ (690Cal)	450kJ (107Cal)
Protein (g)	37.7g	5.9g
Fat, total (g)	40.1g	6.2g
- saturated (g)	5.4g	0.8g
Carbohydrate (g)	42.8g	6.7g
- sugars (g)	23.3g	3.6g
Sodium (g)	369mg	58mg

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

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