



Quick Lemon Pepper Salmon

with Warm Dill & Parsley Potato Salad

Grab your Meal Kit with this symbol



Potato



Lemon



Lemon Pepper Seasoning



Apple



Cucumber



Mixed Salad Leaves



Dill & Parsley Mayonnaise



Salmon

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

Naturally Gluten-Free
Not suitable for coeliacs

Carb Smart

Eat Me First

All you need is a little pepper and citrus to bring salmon to life, then keep up the good work with a hearty, herby potato salad, plus a cucumber and apple-adorned salad for added texture and to cut through the richness.

Pantry items

Olive Oil, Plain Flour (or Gluten-Free Plain Flour), Balsamic Vinegar

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
lemon	½	1
salt*	¼ tsp	½ tsp
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)
plain flour* (or gluten-free plain flour)	2 tsp	4 tsp
lemon pepper seasoning	1 medium sachet	1 large sachet
salmon	1 small packet	1 large packet
cucumber	1	2
apple	1	2
balsamic vinegar*	drizzle	drizzle
mixed salad leaves	1 small bag	1 medium bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2716kJ (649Cal)	502kJ (119Cal)
Protein (g)	36.1g	6.7g
Fat, total (g)	38.4g	7.1g
- saturated (g)	5.3g	1g
Carbohydrate (g)	37.7g	7g
- sugars (g)	12.1g	2.2g
Sodium (mg)	676mg	125mg
Dietary Fibre (g)	7g	1.3g

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.



Make the potato salad

- Bring a medium saucepan of lightly salted water to the boil. Peel **potato**, then cut into bite-sized chunks. Zest **lemon** to get a pinch, then slice into wedges.
- Cook **potato** in the boiling water until easily pierced with a fork, **10-12 minutes**.
- Drain **potato**, then return to saucepan. Add a squeeze of **lemon juice**, the **lemon zest**, the **salt** and **dill & parsley mayonnaise**. Toss until well coated. Cover to keep warm.

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



Make the apple salad

- While the salmon is cooking, thinly slice **cucumber** into half-moons. Thinly slice **apple**.
- In a medium bowl, combine a drizzle of **olive oil** and **balsamic vinegar**. Season, then add **cucumber**, **apple** and **mixed salad leaves**. Toss to coat.



Cook the salmon

- While the potato is cooking, combine the **plain flour** and **lemon pepper seasoning** on a plate. Season with **salt** and **pepper**.
- Pat **salmon** dry, then add to **flour mixture** and turn to coat.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- When oil is hot, cook **salmon**, skin-side down first, until just cooked through, **2-3 minutes** each side (depending on thickness).

TIP: Patting the salmon skin dry helps it crisp up in the pan!



Serve up

- Divide lemon pepper salmon, dill and parsley potato salad and apple salad between plates.
- Serve with any remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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