



Lemony Salmon & Mashed Potato with Dill-Parsley Dressing

FRESH & FAST Box to plate: 15 mins Eat me first

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 3194kJ (763Cal) | Protein 34.1g | Fat, total 80.8g - saturated 20.6g | Carbohydrate 27.9g - sugars 8.6g | Sodium 1060mg
Naturally gluten-free (Not suitable for coeliacs)

Contact us | hello@hellofresh.com.au
2020 | WK35 | W

Get ready

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'll need

(along with the basics)



Large Frying Pan



Microwave



Medium Saucepan

From the pantry



Olive Oil



Salt & Pepper



Butter

From the cool pouch

	2P	4P
Lemon-Herb Salmon	1 pkt	2 pkts
Dill & Parsley Mayonnaise	1 pkt (50g)	1 pkt (100g)
Mashed Potato	1 pkt	2 pkts

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. Sizzle



Lemon-Herb Salmon

2. Boil



Zucchini



Broccolini

3. Zap



Mashed Potato



Dill & Parsley Mayonnaise

- Boil the kettle. Heat a large frying pan over a medium-high heat with **olive oil**
- Add **salmon**, skin-side down, and cook for **2-3 mins** each side, or until cooked to your liking

- Chop the **zucchini**. Trim the **broccolini**
- Once the kettle is boiled, pour the **water** into a medium saucepan over a high heat
- Bring back to the boil, add the **broccolini** and **zucchini** and cook until softened, **4 minutes**

- Place **mashed potato** and **butter (20g for 2P / 40g for 4P)** in a bowl. Zap until hot and steaming, **3 minutes**. Season and stir.
- Stir a splash of **water** through the **dill & parsley mayonnaise**
- Plate up **mashed potato** and top with **salmon**
- **Drizzle** over the **dill & parsley dressing** to serve

