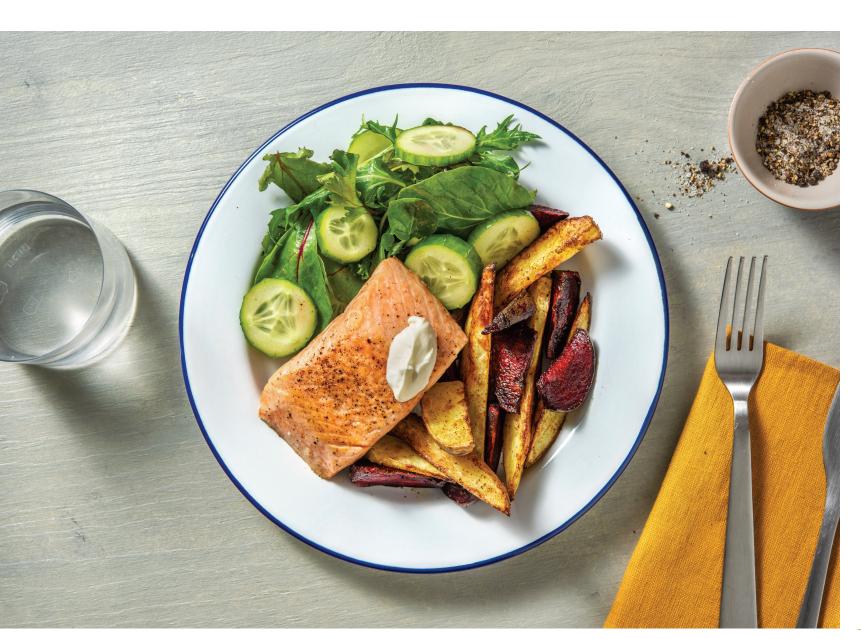


Pan-Fried Salmon & Garlic Sauce

with Beetroot & Potato Wedges









Potato





Blend











Garlic Sauce

Salmon



Cucumber

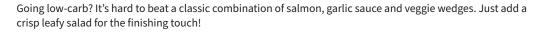
Hands-on: 15-25 mins Ready in: 35-45 mins

Eat me first



Naturally gluten-free Not suitable for Coeliacs





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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
beetroot	1	2
Aussie spice blend	1 sachet	2 sachets
white wine vinegar*	drizzle	drizzle
mixed salad leaves	1 bag (60g)	1 bag (120g)
garlic sauce	1 medium packet	1 large packet
salmon	1 packet	2 packets
cucumber	1	2

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2408kJ (576Cal)	500kJ (120Cal)
Protein (g)	34.9g	7.2g
Fat, total (g)	35.7g	7.4g
- saturated (g)	6.6g	1.4g
Carbohydrate (g)	26.4g	5.5g
- sugars (g)	12.3g	5.5g
Sodium (mg)	684mg	142mg
Dietary fibre (g)	7g	1.5g

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.



Bake the wedges

Preheat the oven to 220°C/200°C fan-forced. Cut the **potato** and **beetroot** into wedges. Place on a lined oven tray. Drizzle with **olive oil**, season with the **Aussie spice blend** and toss to coat. Bake until tender, **30-35 minutes**.

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.



Get prepped

While the wedges are baking, thinly slice the **cucumber** into rounds. In a medium bowl, combine a drizzle of **white wine vinegar**, **olive oil** and season with **salt** and **pepper**.



Prep the salmon

Rub both sides of the **salmon** with **salt** and **pepper**.



Cook the salmon

Heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. When the oil is hot, cook the **salmon**, skin-side down first, until just cooked through, **3-4 minutes** each side.

TIP: Salmon can be served blushing pink in the centre.



Make the salad

While the salmon is cooking, add the **cucumber** and **mixed salad leaves** to the **salad dressing** and toss to coat.



Serve up

Divide the pan-fried salmon, beetroot and potato wedges and salad between plates. Top the salmon with the **garlic sauce** to serve.

Enjoy!