

Pan-Fried Salmon & Garlic Sauce

with Beetroot & Potato Wedges

Grab your Meal Kit with this symbol



Potato



Beetroot



Aussie Spice Blend



Mixed Salad Leaves



Garlic Sauce





Salmon




Cucumber

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

 Naturally gluten-free
Not suitable for Coeliacs

 Eat me first

 Carb Smart

Going low-carb? It's hard to beat a classic combination of salmon, garlic sauce and veggie wedges. Just add a crisp leafy salad for the finishing touch!

Pantry items

Olive Oil, White Wine 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

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](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.



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!