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Parmesan Crusted Salmon with Sweet Potato Wedges & Green Beans

Salmon is a great, robust fish with good flavour, so these fillets can handle the decked-out crust we've given them. Crispy panko breadcrumbs, freshly grated Parmesan cheese, lemon zest and parsley take this simple combination of fish, sweet potato wedges and green beans to the next level.

Prep: 15 mins
Cook: 35 mins
Total: 50 mins

level 1
 seafood first
 helping hands

Pantry Items



Olive Oil



Sweet Potato



Parsley



Panko Breadcrumbs



Lemon



Parmesan Cheese



Salmon



Green Beans

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QTY	Ingredients	
800 g	sweet potato, unpeeled & sliced into 2 cm wedges	
2 tbs	olive oil *	
½ bunch	parsley, finely chopped	
1 packet	panko breadcrumbs	
½	lemon, zested & cut into wedges	
½ block	Parmesan cheese, finely grated (recommended amount)	
5 fillets	salmon	
1 packet	green beans, trimmed	

Ingredient features in another recipe

* Pantry Items

Pre-preparation

Nutrition per serve

Energy	2190	Kj
Protein	37.7	g
Fat, total	23	g
-saturated	6.5	g
Carbohydrate	38.3	g
-sugars	12.2	g
Sodium	193	mg



You will need: *chef's knife, chopping board, zester, box grater, medium bowl, two oven trays lined with baking paper, spoon, small saucepan and sieve.*

1 Preheat the oven to 220°C/200°C fan-forced.

2 Place the **sweet potato** on the prepared oven tray. Drizzle in half the **olive oil** and season with **salt** and **pepper**. Cook in the oven for **30-35 minutes**, or until golden and crispy.

3 Meanwhile, combine the **parsley**, **panko breadcrumbs**, **lemon zest**, **Parmesan cheese** and remaining olive oil in a medium bowl. Season with **salt** and **pepper**.

4 Place the **salmon** on the second prepared oven tray, skin side up, and lightly coat or spray with olive oil. Spoon the crumb mixture onto the top side of the salmon and gently press down so the crumbs stick to the fish. Cook in the oven for the final **10-12 minutes** of the sweet potato cooking time, or until the crust is golden and the salmon is just cooked through.

5 Meanwhile, bring a small saucepan of water to the boil. Cook the **green beans** for **2-3 minutes**, or until slightly softened. Drain.

6 To serve, divide the sweet potato wedges, green beans and salmon fillets between plates. Serve with the **lemon wedges**.



Did you know? Panko is a Japanese-style breadcrumb and uses a different kind of bread compared to plain breadcrumbs.