



SEARED SALMON & CRUSHED DILL POTATOES

with Garlicky Almond Crumb



Make an almond crumb



Potato



Garlic



Dill



Zucchini



Green Beans



Flaked Almonds



Panko Breadcrumbs



Salmon



Dill & Parsley
Mayonnaise

Pantry Staples: Olive Oil, Butter

Hands-on: **25-35 mins**
Ready in: **30-40 mins**

Eat me first

Low calorie

Dill and salmon are besties for life, so you know they're going to get along, but when you throw a toasty almond garlic crumb in the mix? Well, then you've really got a party in your mouth. Time to get cooking!

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **medium frying pan**



1 GET PREPPED

Bring a medium saucepan of salted water to the boil. Cut the **potato** (unpeeled) into 2cm chunks. **TIP:** *Cut the potato to the correct size so it cooks in the allocated time.* Finely chop the **garlic** (or use a garlic press). Finely chop the **dill**. Thinly slice the **zucchini** into half-moons. Trim and halve the **green beans**.



2 MAKE THE CRUSHED POTATOES

Add the **potato** to the saucepan of boiling water and cook until easily pierced with a knife, **12-15 minutes**. Drain and return to the pan. Add the **butter** and season with a **pinch** of **salt** and **pepper**. Gently crush with a potato masher or a fork, then cover with a lid to keep warm.



3 MAKE THE ALMOND CRUMB

While the potato is cooking, heat a medium frying pan over a medium-high heat. Add the **flaked almonds** and toast, stirring, until fragrant, **2-3 minutes**. Transfer to a medium bowl. Return the pan to a medium-high heat with a **good drizzle** of **olive oil**. Add the **panko breadcrumbs** (see **ingredients list**) and a **pinch** of **salt** and **pepper**. Cook, stirring, until golden, **2-3 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Transfer to the bowl with the **flaked almonds** and stir through the **dill**.



4 COOK THE SALMON

Return the pan to a medium-high heat with a **drizzle** of **olive oil**. Pat the **salmon** dry with paper towel and season both sides with a **pinch** of **salt** and **pepper**. **TIP:** *Patting the skin dry helps it crisp up in the pan!* When the oil is hot, add the **salmon** to the pan, skin-side down, and cook until just cooked through, **2-4 minutes** each side. **TIP:** *Cook times will vary depending on the size of the fillet.* Transfer to a plate to rest.



5 COOK THE VEGGIES

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil** if needed. Add the **zucchini** and **green beans** and cook until tender, **3-4 minutes**. Season with **salt** and **pepper** and remove from the heat.



6 SERVE UP

Divide the crushed dill potatoes between plates. Top with the greens and salmon. Sprinkle with the almond crumb and serve with the **dill & parsley mayonnaise**. **TIP:** *For the low-calorie option, serve with 1/2 the dill & parsley mayonnaise.*

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	1	2
garlic	½ clove	1 clove
dill	1 bunch	1 bunch
zucchini	1	2
green beans	1 bag (100g)	1 bag (200g)
butter*	20g	40g
flaked almonds	1 packet	2 packets
panko breadcrumbs	½ packet	1 packet
salmon	1 packet	2 packets
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2290kJ (547Cal)	534kJ (128Cal)
Protein (g)	35.7g	8.3g
Fat, total (g)	29.5g	6.9g
- saturated (g)	8.7g	2.0g
Carbohydrate (g)	32.6g	7.6g
- sugars (g)	4.0g	0.9g
Sodium (g)	187mg	44mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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