



Sesame-Crusted Salmon & Sweet Potato Fries

with Pickled Cucumber Salad & Dill-Parsley Mayo

Grab your Meal Kit with this symbol



Sweet Potato



Aussie Spice Blend



Cucumber



Sesame Seeds



Salmon



Pear



Mixed Salad Leaves



Dill & Parsley Mayonnaise

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

Naturally gluten-free
Not suitable for Coeliacs

Eat me first

Go fishing for compliments with this sublime salmon dish – anyone who tastes the crispy skin speckled with sesame seeds, the more-ish spiced fries and tangy pickled cucumber salad is going to be falling at your feet in appreciation!

Pantry items

Olive Oil, Rice Wine Vinegar, Sugar

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
Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
Aussie spice blend	½ sachet	1 sachet
cucumber	1	2
rice wine vinegar*	¼ cup	½ cup
sugar*	1 tsp	2 tsp
sesame seeds	1 sachet	2 sachets
salmon	1 packet	1 packet
pear	½	1
mixed salad leaves	1 bag (60g)	1 bag (120g)
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3056kJ (730Cal)	575kJ (137Cal)
Protein (g)	35.9g	6.8g
Fat, total (g)	48.2g	9.1g
- saturated (g)	7.8g	1.5g
Carbohydrate (g)	37.3g	7g
- sugars (g)	18.8g	3.5g
Sodium (mg)	405mg	76mg

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.



1. Bake the fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm fries. Place the fries onto the oven tray lined with baking paper. Add the **Aussie spice blend** (see **ingredients list**) and season with **salt** and **pepper**. **Drizzle** with **olive oil**, toss to coat, then bake until tender, **20-25 minutes**.

TIP: Cut the sweet potato to the correct size so it cooks in the allocated time.



2. Pickle the cucumber

While the fries are baking, thinly slice the **cucumber** into rounds. In a small bowl, add the **rice wine vinegar**, **sugar** and a **good pinch** of **salt**. Stir to dissolve, then add the **cucumber**. Add **enough water** to cover the **cucumber**. Toss to coat, then set aside, tossing every few minutes to coat in the pickling liquid.

TIP: Thinly slicing the cucumber ensures it will pickle in the allocated time.



3. Prep the salmon

Spread the **sesame seeds** over a plate. Pat the **salmon** dry with a paper towel, **drizzle** with a little **olive oil** and season generously with **salt** and **pepper**. Press the **salmon** skin-side down into the **sesame seeds** to coat.

TIP: Patting the skin dry helps it crisp up in the pan!



4. Cook the salmon

When the fries have **5 minutes** cook time remaining, heat a **drizzle** of **olive oil** in a medium frying pan over a medium-high heat. 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 (depending on thickness).

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



5. Dress the salad

Thinly slice the **pear** (see **ingredients list**). Before serving, drain the pickled **cucumber**. In a large bowl, combine the **cucumber**, **pear** and **mixed salad leaves**. **Drizzle** with **olive oil** and season to taste with **salt** and **pepper**. Toss to coat.



6. Serve up

Divide the sesame-crusted salmon, sweet potato fries and pickled cucumber salad between plates. Serve with the **dill & parsley mayonnaise**.

Enjoy!