



ALMOND CRUSTED SALMON & ROSEMARY POTATOES

with Dill-Parsley Mayo



Top salmon with
an almond crust



Potato



Rosemary



Garlic



Roasted Almonds



Panko Breadcrumbs



Salmon



Cucumber



Rocket Leaves



Dill & Parsley
Mayonnaise

Pantry Staples: Olive Oil, Balsamic Vinegar, Honey

Hands-on: 15 mins
Ready in: 30 mins

Eat me first

Set the table and get ready to impress with this succulent salmon dish. It's impressive enough for a special occasion and easy enough for a weeknight dinner. The crust is so delicious that we reckon you'll be eating the loose bits straight off the tray. You can thank us later!

BEFORE YOU START

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

- **two oven trays** lined with **baking paper**



1 ROAST THE ROSEMARY POTATOES

Preheat the oven to **220°C/200°C fan-forced**. Chop the **potato** (unpeeled) into 1cm chunks. Pick and finely chop the **rosemary** leaves. Place the **potato**, **1/2** the rosemary, a **drizzle of olive oil** and a **pinch of salt** and **pepper** on an oven tray lined with baking paper. Toss to coat, then roast until tender, **25-30 minutes**. **TIP:** *Cut the potato to the correct size so it cooks in the allocated time.*



2 MAKE THE ALMOND CRUST

While the potatoes are roasting, finely chop the **garlic** (or use a garlic press). Using a rolling pin or the base of a saucepan, crush the **roasted almonds** in their packet (or finely chop if you prefer!). In a small bowl, combine the **garlic**, **almonds**, **panko breadcrumbs** (see ingredients list), the **salt**, **remaining rosemary** and **olive oil** (2 tsp for 2 people / 1 tbs for 4 people).



3 BAKE THE SALMON

Pat the **salmon** dry with paper towel and season both sides with a **pinch of salt** and **pepper**. Place on a second oven tray lined with baking paper. Spoon the **almond-panko mixture** over the top of the salmon and gently press down so the crust sticks. In the last **8-12 minutes** of the potato cooking time, bake the salmon until it is just cooked through and the crust is slightly golden. **TIP:** *It's OK if some of the almond crust falls off!*



4 MAKE THE SALAD DRESSING

While the salmon is baking, combine the **balsamic vinegar**, **honey** and **olive oil** (1 tbs for 2 people / 2 tbs for 4 people) in a medium bowl. Season with a **pinch of salt** and **pepper** and mix well.



5 PREP THE SALAD

Thinly slice the **cucumber** into half-moons. Add the cucumber and **rocket leaves** to the bowl with the salad dressing and toss to coat. **TIP:** *Dress the salad just before serving to keep the leaves crisp.*



6 SERVE UP

Divide the almond-crusted salmon, rosemary potatoes and salad between plates. Serve with the **dill & parsley mayonnaise** and sprinkle any almond crust remaining on the tray over the salad.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	2	4
rosemary	1 bunch	1 bunch
garlic	1 clove	2 cloves
roasted almonds	1 packet	2 packets
panko breadcrumbs	½ packet	1 packet
salt*	¼ tsp	½ tsp
salmon	1 packet	1 packet
balsamic vinegar*	1 tbs	2 tbs
honey*	1 tsp	2 tsp
cucumber	1	2
rocket leaves	1 bag (60 g)	1 bag (120 g)
dill & parsley mayonnaise	1 tub (50 g)	1 tub (100 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2960kJ (707Cal)	575kJ (137Cal)
Protein (g)	38.6g	7.5g
Fat, total (g)	40.5g	7.9g
- saturated (g)	5.4g	1.0g
Carbohydrate (g)	45.2g	8.8g
- sugars (g)	7.6g	1.5g
Sodium (g)	514mg	100mg

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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