

# Easy Spiced Salmon Traybake

with Fries & Roast Veggie Toss

Grab your Meal Kit with this symbol



Potato



Carrot



Capsicum



Sweetcorn



Salmon



Aussie Spice Blend



Baby Spinach Leaves



Garlic Aioli

 Hands-on: 5-10 mins  
Ready in: 25-35 mins

 Naturally gluten-free  
*Not suitable for Coeliacs*

 Eat me first

This simple yet stunning meal is done in four steps and uses only two oven trays to save on washing up! With most of the magic made in the oven, it literally cooks itself. Too easy!

### Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

## 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

Two oven trays lined with baking paper

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
carrot	1	2
capsicum	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
salmon	1 packet	1 packet
Aussie spice blend	1 sachet	2 sachets
baby spinach leaves	1 bag (30g)	1 bag (60g)
vinegar* (white wine or balsamic)	drizzle	drizzle
garlic aioli	1 packet (50g)	1 packet (100g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3033kJ (724Cal)	461kJ (110Cal)
Protein (g)	38.7g	5.9g
Fat, total (g)	42.6g	6.5g
- saturated (g)	6.9g	1g
Carbohydrate (g)	42.2g	6.4g
- sugars (g)	13.6g	2.1g
Sodium (mg)	744mg	113mg

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Get prepped

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into fries. Place on a lined oven tray. Slice the **carrot** into rounds. Slice the **capsicum** into thin strips. Drain the sweetcorn. Place the **carrot, capsicum** and **sweetcorn** on a second oven tray lined with baking paper.



## Roast the fries & veggies

Drizzle both trays with **olive oil** and season with **salt**. Toss to coat, then roast until almost tender, **15-20 minutes**.



## Bake the salmon

While the veggies are roasting, combine the **Aussie spice blend** and a drizzle of **olive oil** in a medium bowl. Add the **salmon** and turn to coat. When the **veggies** have been roasting for **15-20 minutes**, remove the **veggie** tray from the oven and move the **veggies** to one side. Place the **salmon**, skin-side down, on the tray. Bake until the **salmon** is just cooked through, **8-12 minutes**.



## Serve up

In a large bowl, combine the roast veggies with the **baby spinach leaves** and a drizzle of vinegar. Divide roast veggie toss, the fries and Aussie salmon between plates. Serve with the **garlic aioli**.

## Enjoy!