



Crispy Roasted Salmon and Broccoli

with Buttery Green Pea Rice and Lemony Mayo

20-MIN



Salmon Fillets



Garlic Salt



Panko Breadcrumbs



Mayonnaise



Broccoli, florets



Green Peas



Basmati Rice



Lemon

Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!

HELLO LEMON ZEST

Punch up the flavour of mayo with a swirl of lemon zest!

START HERE

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Bring 1 ¼ cups water (dbl for 4ppl) water to a boil in a covered medium pot.

Bust Out

2 Baking Sheets, Aluminum Foil, Measuring Spoons, Paper Towels, Medium Bowl, Small Bowl, Medium Pot, Measuring Cups, Zester

Ingredients

	2 Person	4 Person
Salmon Fillets	285 g	570 g
Garlic Salt	1 ½ tsp	1 ½ tsp
Panko Breadcrumbs	¼ cup	½ cup
Mayonnaise	4 tbsp	8 tbsp
Broccoli, florets	227 g	454 g
Green Peas	56 g	113 g
Basmati Rice	¾ cup	1 ½ cup
Lemon	1	1
Unsalted Butter*	1 tbsp	2 tbsp
Sugar*	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 70°C/158°F, as size may vary.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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1. COOK RICE

Add the **rice** to the **boiling water**. Reduce heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 12-14 min. When **rice** is done, remove from heat and add peas. Cover and set aside.



2. PREP

While **rice** cooks, zest, then juice **half the lemon**. Cut **remaining lemon** into wedges. Stir together **mayo**, **lemon zest**, **½ tsp lemon juice**, **½ tsp sugar** and **¼ tsp garlic salt** (dbl all for 4ppl) in a small bowl. Season with **pepper**. Reserve **1 tbsp lemony mayo** (dbl for 4ppl) to coat **salmon** and set aside. In a medium bowl, combine **breadcrumbs** with **½ tbsp oil** (dbl for 4ppl) and stir to combine.



3. SEASON BROCCOLI

On a foil-lined baking sheet, toss **broccoli** with **½ tsp garlic salt** and **1 tbsp oil** (dbl both for 4ppl). Season with **pepper**.



4. PREP SALMON

Pat **salmon** dry with paper towels. Season with **salt** and **pepper**. Arrange **salmon fillets** on another foil-lined baking sheet. Divide the **reserved lemony mayo** among **salmon fillets** and spread over tops. Divide **panko mixture** over top of **salmon fillets**, pressing gently to adhere.



5. ROAST BROCCOLI & SALMON

Bake **broccoli** in the **middle** of the oven until almost tender, 10-12 min. Bake **salmon** in the **top** of the oven until cooked through, 10-12 min.** Remove **salmon** from the oven and preheat broiler to **high** (keep broccoli in middle of the oven while broiler preheats) Return **salmon** to **top** of the oven and broil until **breadcrumbs** are golden, 1-2 min.



6. FINISH & SERVE

Fluff **rice** with a fork. Stir in **1 tbsp butter** (dbl for 4ppl) until melted and combined. Divide **salmon**, **broccoli** and **rice** between plates. Serve with **lemony mayo** on the side for dipping and squeeze over a **lemon wedge** if desired.

Dinner Solved!