



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

HELLO LEMON ZEST

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

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Bring 1 ½ cups water (dbl for 4 ppl) water to a boil in a covered medium pot.

Bust Out

2 Baking sheets, medium bowl, measuring spoons, aluminum foil, 2 small bowls, paper towels, zester, measuring cups, medium pot

Ingredients

	2 Person	4 Person
Salmon Fillets	285 g	570 g
Garlic Salt	¾ 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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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.



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 4 ppl) in a small bowl. Season with **pepper**. Reserve **1 tbsp lemony mayo** (dbl for 4 ppl) in another small bowl. (NOTE: This will be used in step 4.) Combine **breadcrumbs** with **½ tsp oil** (dbl for 4 ppl) in a medium bowl and stir to combine.



Season broccoli

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



Prep salmon

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



Bake broccoli and 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. (NOTE: Keep broccoli in middle of the oven while the broiler heats.) Return **salmon** to top of the oven and broil until **breadcrumbs** are golden, 1-2 min.



Finish and serve

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

Dinner Solved!