



Crispy Roasted Salmon and Broccoli

with Buttery Green Pea Rice and Lemony Mayo

20-min



Salmon Fillets, skinless



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 ¼ 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, medium pot, small bowl, measuring cups, paper towels, microplane/zester

Ingredients

	2 Person	4 Person
Salmon Fillets, skinless	250 g	500 g
Garlic Salt	1 tsp	2 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	1½ 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 **rice** and **peas** to the **boiling water**. Reduce heat to low. Cook, still covered, until **rice** is tender and liquid is absorbed, 12-14 min. Remove pot from heat. Set aside, still covered.



Prep

While **rice** cooks, zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut any **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). Set aside to use in step 4. Combine **breadcrumbs** with **½ tsp oil** (dbl for 4 ppl) in a medium bowl.



Season broccoli

Add **broccoli**, **½ tsp garlic salt** and **1 tbsp oil** (dbl for 4 ppl) to a foil-lined baking sheet. Season with **pepper**, then toss to combine/coat.



Prep salmon

Pat **salmon** dry with paper towels. Season with **remaining garlic salt** and **pepper**. Arrange **salmon fillets** on another foil-lined baking sheet. Coat only the **salmon tops** with **reserved lemony mayo** (from step 2) over tops of **salmon fillets**. Working with one piece of **salmon** at a time, press the mayo-coated side into the **panko mixture**.



Bake broccoli and salmon

Roast **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, then preheat broiler to high. (**NOTE:** Keep broccoli in the middle of the oven while broiler preheats.) Return **salmon** to the **top** of the oven and broil until **breadcrumbs** are golden, 1-2 min. (**TIP:** Keep an eye on the breadcrumbs so that they don't burn!)



Finish and serve

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

Dinner Solved!