



Pesto & Macadamia-Crusted Salmon

with Honey-Glazed Baby Carrots & Pear Salad

Grab your Meal Kit with this symbol



Baby Rainbow Carrots



Macadamias



Lemon



Panko Breadcrumbs



Basil Pesto



Salmon



Flaked Almonds



Pear



Spinach & Rocket Mix

Hands-on: 15-25 mins
Ready in: 30-40 mins

Eat me first

We all know honey makes carrots better, but let us share this gem with you – roasting carrots with honey makes them completely irresistible. We guess it's a bit like adding a macadamia crust to salmon, taking it from tasty to out-of-this-world delicious!

Pantry items

Olive Oil, Honey

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
baby rainbow carrots	1 bunch	2 bunches
honey*	2 tsp	4 tsp
macadamias	1 packet	2 packets
lemon	½	1
panko breadcrumbs	½ packet	1 packet
basil pesto	1 packet (50g)	1 packet (100g)
salmon	1 packet	1 packet
flaked almonds	1 packet	2 packets
pear	½	1
spinach & rocket mix	1 bag (60g)	1 bag (120g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3220kJ (768Cal)	851kJ (203Cal)
Protein (g)	37.6g	10.0g
Fat, total (g)	56.7g	15.0g
- saturated (g)	8.3g	2.2g
Carbohydrate (g)	25.7g	6.8g
- sugars (g)	14.9g	4.0g
Sodium (mg)	209mg	55mg

Allergens

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

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

Fancy a Drop?

We recommend pairing this meal with Cabernet Sauvignon or Zinfandel



1 Roast the baby carrots

Preheat the oven to **220°C/200°C fan-forced**. Trim the green tops from the **baby rainbow carrots** and scrub the carrots clean. Place the **carrots** on an oven tray lined with baking paper and drizzle with **olive oil** and the **honey**. Season with **salt** and **pepper** and toss to coat. Roast until tender and lightly caramelised, **20-25 minutes**.

TIP: Cut any larger carrots in half lengths.



2 Make the macadamia crust

While the carrots are roasting, finely chop the **macadamias**. Zest the **lemon** to get a pinch, then slice into wedges. In a medium bowl, combine the **macadamias, lemon zest, panko breadcrumbs** (see ingredients) and **basil pesto**. Season with **pepper** and mix well.



3 Bake the salmon

Season the **salmon** on both sides with **salt** and **pepper**, then place, skin-side down, on a second oven tray lined with baking paper. Lightly coat or spray with **olive oil**. Spoon the **macadamia crust** over the top of the **salmon** and gently press down with the back of the spoon to help it stick. Bake until the crust is golden and the salmon is just cooked through, **8-12 minutes**. In the last **5 minutes** of cook time, add the **flaked almonds** to the oven tray and bake until toasted.

TIP: Some of the macadamia crust will fall off, that's okay, you'll use it later!

TIP: Salmon can be served slightly blushing pink in the centre.



4 Make the dressing

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



5 Toss the salad

Thinly slice the **pear** (see ingredients). Add the toasted **almonds, spinach & rocket mix** and **pear** to the dressing and toss to coat.



6 Serve up

Divide the honey-glazed carrots, pesto and macadamia-crusted salmon and the pear salad between plates. Sprinkle with any leftover crumbs from the tray and serve with any remaining lemon wedges.

Enjoy!