



# Seared Salmon & Dill-Parsley Potatoes with Apple Salad

Grab your Meal Kit  
with this symbol



Potato



Lemon



Dill & Parsley  
Mayonnaise



Garlic & Herb  
Seasoning



Salmon



Cucumber



Apple



Mixed Salad  
Leaves

Hands-on: **20-30 mins**  
 Ready in: **25-35 mins**

Naturally gluten-free  
*Not suitable for Coeliacs*

Eat me first

Our garlic and herb blend draws out the delicious natural flavour of salmon. Paired with warm dill and parsley potatoes, plus a crisp apple salad, this meal is a burst of brightness in your mouth!

### Pantry items

Olive Oil, Balsamic Vinegar

## 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

Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
lemon	1	2
salt*	¼ tsp	½ tsp
dill & parsley	1 packet	1 packet
mayonnaise	(50g)	(100g)
garlic & herb seasoning	1 sachet	2 sachets
salmon	1 packet	1 packet
cucumber	1	2
apple	1	2
balsamic vinegar*	2 tsp	4 tsp
mixed salad leaves	1 bag (30g)	1 bag (60g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2970kJ (709Cal)	521kJ (124Cal)
Protein (g)	35.7g	6.3g
Fat, total (g)	44.8g	7.9g
- saturated (g)	7.4g	1.3g
Carbohydrate (g)	38.3g	6.7g
- sugars (g)	11.7g	2.1g
Sodium (mg)	749mg	131mg

## 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

Bring a medium saucepan of lightly salted water to the boil. Cut the **potato** (unpeeled) into 2cm chunks. Zest the **lemon** to get a generous pinch, then slice into wedges.

**TIP:** Cut the potato to size so it cooks in time.



## Make the potato salad

Cook the **potato** in the boiling water until easily pierced with a knife, **10-12 minutes**. Drain, then return the **potato** to the saucepan. Add **lemon juice** (2 tsp for 2 people / 1 tbs for 4 people), **lemon zest**, the **salt** and the **dill & parsley mayonnaise**. Toss to coat the **potato**, then cover to keep warm.



## Coat the salmon

While the potato is cooking, combine the **garlic & herb seasoning** and a pinch of **salt** and **pepper** on a plate. Pat the **salmon** fillets dry, then coat both sides with the **spice mixture**.

**TIP:** Patting the skin dry helps the skin crisp up in the pan.



## Cook the salmon

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. When the oil is hot, cook the **salmon**, skin-side down first, until just cooked through, **2-4 minutes** each side (depending on thickness). Transfer to a plate to rest.

**TIP:** The spice blend will char a little in the pan, this adds to the flavour!



## Make the salad

Thinly slice the **cucumber** into half-moons. Thinly slice the **apple**. In a medium bowl, combine the **balsamic vinegar**, **cucumber**, **apple** and **mixed salad leaves**. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat.



## Serve up

Divide the seared salmon, dill-parsley potatoes and apple salad between plates. Serve with the remaining lemon wedges.

## Enjoy!