



Sicilian-Style Salmon & Herby Caper Sauce

with Panzanella Salad & Roasted Potatoes

Grab your Meal Kit with this symbol



Potato



Red Onion



Italian Herbs



Garlic



Dill



Capers



Tomato



Lemon



Basil



Flaked Almonds



Ciabatta



Salmon



Goat Cheese

Hands-on: 20-30 mins
Ready in: 30-40 mins

Eat Me First

You're going to love this one – the aroma of the herby caper sauce against the succulent salmon is mind-blowingly good. With roasted potatoes, plus creamy goat cheese and crispy croutons in the Panzanella salad, we reckon it's destined for greatness!

Pantry items

Olive Oil, Butter, 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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
red onion	1 (medium)	1 (large)
italian herbs	1 sachet	1 sachet
garlic	2 cloves	4 cloves
dill	1 bag	1 bag
capers	1 packet	2 packets
tomato	2	4
lemon	½	1
basil	1 bag	1 bag
flaked almonds	1 packet	2 packets
ciabatta	1	2
salmon	1 packet	2 packets
butter*	25g	50g
balsamic vinegar*	drizzle	drizzle
goat cheese	½ packet (40g)	1 packet (80g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3347kJ (800Cal)	510kJ (122Cal)
Protein (g)	43.9g	6.7g
Fat, total (g)	40.6g	6.2g
- saturated (g)	14.1g	2.1g
Carbohydrate (g)	59.8g	9.1g
- sugars (g)	7.8g	1.2g
Sodium (mg)	1188mg	181mg

The quantities provided above are averages only.

Allergens

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

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into bite-size chunks. Cut the **red onion** into wedges. Place the **potato** and **onion** on a lined oven tray. Drizzle with **olive oil**, sprinkle with the **italian herbs**, season with **salt** and toss to coat. Spread out evenly, then roast until tender, **20-25 minutes**.



Cook the salmon & sauce

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Pat the **salmon** dry with paper towel and season both sides. When the oil is hot, cook the **salmon**, skin-side down first, until just cooked through, **2-4 minutes** each side. Transfer to a plate and cover to keep warm. Return the frying pan to a medium heat with a drizzle of **olive oil**. Cook the **garlic** until fragrant, **1 minute**. Add the **capers**, **lemon zest**, a good squeeze of **lemon juice** and the **butter**. Simmer until slightly thickened, **1-2 minutes**. Remove from the heat, then add the **dill** and season.

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



Get prepped

While the veggies are roasting, finely chop the **garlic**. Roughly chop the **dill**, **capers** and **tomato**. Zest the **lemon** to get a good pinch, then slice into wedges. Pick the **basil** leaves. Heat a large frying pan over a medium-high heat. Toast the **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a bowl.



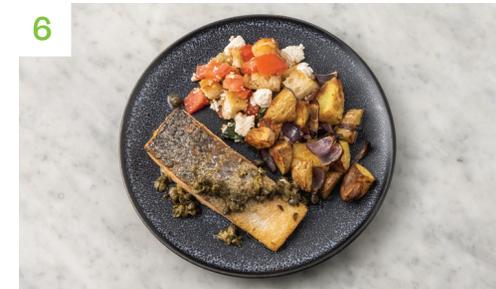
Toss the salad

In a large bowl, combine the **tomato**, **croutons**, a pinch of **salt** and a drizzle of **balsamic vinegar** and **olive oil**. Crumble in the **goat cheese** (see ingredients) and tear over the **basil**.



Bake the croutons

Cut or tear the **ciabatta** into bite-sized chunks. Place the **croutons** on a second lined oven tray, drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, spread out evenly, then bake until golden, **5-7 minutes**.



Serve up

Divide the salmon, Panzanella salad and roasted potatoes between plates. Spoon the herby caper sauce over the salmon and garnish with the toasted almonds. Serve with any remaining lemon wedges.

Enjoy!