



Seared Salmon & Mint Sauce

with Golden Roast Potatoes & Garlicky Greens

Grab your Meal Kit with this symbol



Potato



Garlic



Silverbeet



Leek



Salmon



Mint Sauce



Salmon

Recipe Update

Unfortunately, this week's baby broccoli was in short supply, so we've replaced it with silverbeet. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: **25-35 mins**
Ready in: **30-40 mins**



Eat Me First



Carb Smart*

*Custom Recipe is not Carb Smart

Sometimes, great cooking is a flurry of clever techniques and a dizzying array of ingredients. Other times, it's the simplicity of just a mint sauce and beautifully cooked salmon.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
salt**	¼ tsp	½ tsp
garlic	2 cloves	4 cloves
silverbeet	1 bunch	2 bunches
leek	1	2
salmon	1 packet	2 packets
mint sauce	1 packet (40g)	1 packet (80g)
salmon**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2177kJ (520Cal)	426kJ (101Cal)
Protein (g)	36.6g	7.2g
Fat, total (g)	23.2g	4.5g
- saturated (g)	4.2g	0.8g
Carbohydrate (g)	39.6g	7.7g
- sugars (g)	17.5g	3.4g
Sodium (mg)	390mg	76mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3482kJ (832Cal)	535kJ (128Cal)
Protein (g)	64.6g	9.9g
Fat, total (g)	45.6g	7g
- saturated (g)	8.4g	1.3g
Carbohydrate (g)	39.6g	6.1g
- sugars (g)	17.5g	2.7g
Sodium (mg)	455mg	70mg

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.



Prep the potato

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **potato** into bite-sized chunks.



Roast the potato

- Place **potato** on a lined oven tray, drizzle with **olive oil** and season with the **salt** and a pinch of **pepper**.
- Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.



Get prepped

- Meanwhile, finely chop **garlic**. De-stem and roughly chop **silverbeet**. Thinly slice white and light green parts of **leek**.



Cook the greens

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **silverbeet** and **leek**, tossing, until tender, **4-5 minutes**.
- In the last **minute** of cook time, add **garlic** and cook until fragrant, **1 minute**. Transfer garlicky **greens** to the serving plates.

TIP: Add a dash of water to the pan to help speed up the veggie cooking process.

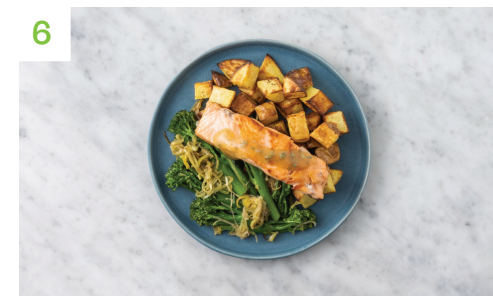


Cook the salmon

- When the potatoes have **10 minutes** cook time remaining, return the frying pan to medium-high heat with a drizzle of **olive oil**.
- Pat **salmon** dry with paper towel and season both sides.
- When oil is hot, cook **salmon**, skin-side down first, until just cooked through, **2-4 minutes** each side.

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

Custom Recipe: If you've doubled your salmon, cook in batches for the best results.



Serve up

- Divide golden roast potatoes between plates with the garlicky greens. Top with seared salmon.
- Spoon **mint sauce** over salmon to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2023 | CW24



Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate