



# Tuscan Baked Salmon & Veggie Fries

with Chargrilled Capsicum Mayo & Apple-Almond Salad

NEW

Grab your Meal Kit with this symbol



Carrot



Parsnip



Beetroot



Apple



Roasted Almonds



Chargrilled Capsicum Relish



Mayonnaise



Salmon



Tuscan Herb Seasoning



Mixed Salad Leaves



Salmon

Prep in: 15-25 mins  
Ready in: 35-45 mins



Carb Smart\*  
\*Custom Recipe is not Carb Smart



Eat Me Early

A fresh salmon is something to get excited about when it's dinner time. String up the balloons and shout hooray when the salmon is drizzled in a delightful chargrilled capsicum mayo because it's going to be a celebration for your tastebuds!

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

### Pantry items

Olive Oil, White Wine Vinegar



## 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

Two oven trays lined with baking paper

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
parsnip	1	2
beetroot	1	2
apple	½	1
roasted almonds	1 packet	2 packets
chargrilled capsicum relish	1 packet	1 packet
mayonnaise	1 medium packet	1 large packet
salmon	1 packet	2 packets
Tuscan herb seasoning	1 sachet	2 sachets
mixed salad leaves	1 small bag	1 medium bag
<b>white wine vinegar**</b>	drizzle	drizzle
salmon**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2711kJ (648Cal)	583kJ (139Cal)
Protein (g)	36.3g	7.8g
Fat, total (g)	42.3g	9.1g
- saturated (g)	6.5g	1.4g
Carbohydrate (g)	30g	6.5g
- sugars (g)	19.7g	4.2g
Sodium (mg)	945mg	203mg
Dietary Fibre (g)	11.8g	2.5g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4015kJ (960Cal)	664kJ (159Cal)
Protein (g)	64.3g	10.6g
Fat, total (g)	64.7g	10.7g
- saturated (g)	10.7g	1.8g
Carbohydrate (g)	30g	5g
- sugars (g)	19.7g	3.3g
Sodium (mg)	1010mg	167mg

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

## We're here to help!

Scan here if you have any questions or concerns



2023 | CW33

1



## Bake the fries

- Preheat oven to **220°C/200°C fan-forced**. Cut **carrot, parsnip** and **beetroot** into fries.
- Place **veggie fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then bake until tender, **30-35 minutes**.

3



## Bake the salmon

- When the fries have **10 minutes** remaining, place **salmon** on a second lined oven tray.
- Bake **salmon** until just cooked through, **8-10 minutes**.

**Custom Recipe:** If you've doubled your salmon, divide between two oven trays if your tray is getting crowded.

2



## Get prepped

- Meanwhile, thinly slice **apple** into wedges. Roughly chop **roasted almonds**.
- In a small bowl, combine **chargrilled capsicum relish** and **mayonnaise**. Set aside.
- In a medium bowl, combine **salmon**, **Tuscan herb seasoning**, a drizzle of **olive oil** and a pinch of **pepper**.

4



## Serve up

- In a second medium bowl, combine **mixed salad leaves**, apple, almonds, a drizzle of **white wine vinegar** and olive oil. Season to taste.
- Divide Tuscan baked salmon, veggie fries and apple salad between plates.
- Top salmon with chargrilled capsicum mayo. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)