

Sicilian-Style Salmon & Panzanella Salad

with Roast Potatoes & Chargrilled Capsicum Relish

TASTE TOURS

Grab your Meal Kit with this symbol



Potato



Garlic



Tomato



Lemon



Parsley



Flaked Almonds



Wholemeal Panini



Salmon



Baby Spinach Leaves



Goat Cheese



Chargrilled Capsicum Relish

Prep in: 20-30 mins
Ready in: 30-40 mins

 Eat Me Early

You're going to love this one – the aroma of the butter 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

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic	2 cloves	4 cloves
tomato	2	4
lemon	½	1
parsley	1 bag	1 bag
flaked almonds	1 packet	2 packets
wholemeal panini	1	2
salmon	1 packet	2 packets
butter*	25g	50g
baby spinach leaves	1 small bag	1 medium bag
balsamic vinegar*	drizzle	drizzle
goat cheese	1 packet	2 packets
chargrilled capsicum relish	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3727kJ (891Cal)	590kJ (141Cal)
Protein (g)	48.2g	7.6g
Fat, total (g)	47.8g	7.6g
- saturated (g)	18g	2.8g
Carbohydrate (g)	63.8g	10.1g
- sugars (g)	20.8g	3.3g
Sodium (mg)	743mg	118mg

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.

We're here to help!

Scan here if you have any questions or concerns

2023 | CW37



1



Roast the potatoes

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into bite-sized chunks, then place on a lined oven tray.
- Drizzle with **olive oil**, season with **salt** and toss to coat. Spread out evenly, then roast until tender, **20-25 minutes**.

4



Cook the salmon

- When the veggies have **5 minutes** 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.
- Reduce heat to low, then add the **butter**, **garlic**, **lemon zest** and a generous squeeze of **lemon juice** and cook, turning salmon, until fragrant, **1 minute**. Season with **salt** and **pepper**.

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

2



Get prepped

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

5



Toss the salad

- Meanwhile, add **tomato**, **croutons** and **baby spinach leaves** to a large bowl. Add a pinch of **salt** and drizzle with **balsamic vinegar** and **olive oil**. Toss to combine.
- Crumble in **goat cheese** and top with **parsley** leaves.

3



Bake the croutons

- Cut or tear **wholemeal panini** into bite-sized chunks. Place **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**.

6



Serve up

- Divide salmon, Panzanella salad and roasted potatoes between plates.
- Top with **chargrilled capsicum relish** and garnish with toasted almonds.
- Serve with any remaining lemon wedges. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

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