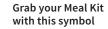


Sicilian-Style Salmon & Panzanella Salad with Roast Potatoes & Chargrilled Capscium Relish

TASTE TOURS

















Flaked Almonds





Wholemeal Panini



Baby Spinach



Goat Cheese



Chargrilled Capsicum



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



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!



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 \cdot 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	1/2	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.



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.



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.



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**.



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.



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



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!



We're here to help!