



Spiced Salmon & Potato Chunks

with Roast Veggies & Basil Pesto

READY TO COOK

Grab your Meal Kit with this symbol



Potato



Carrot



Broccoli Florets



Salmon



Aussie Spice Blend



Basil Pesto

Prep in: 5-15 mins
Ready in: 30-40 mins

Eat Me First

Enjoy a home-cooked meal with minimal prep and fuss! Simply pop the prepped ingredients in the oven to cook and quickly assemble for a delicious and wholesome dinner. This salmon and three veg dish is just the thing for guaranteed satisfaction.

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

Two oven trays lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
carrot	1	2
broccoli florets	1 bag (200g)	1 bag (400g)
salmon	1 packet	2 packets
Aussie spice blend	1 medium sachet	1 large sachet
basil pesto	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2800kJ (669Cal)	514kJ (123Cal)
Protein (g)	40g	7.3g
Fat, total (g)	38.3g	7g
- saturated (g)	6.2g	1.1g
Carbohydrate (g)	40.5g	7.4g
- sugars (g)	14.5g	2.7g
Sodium (mg)	750mg	138mg

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.

1



Roast the potatoes

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into bite-sized chunks.
- 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**.

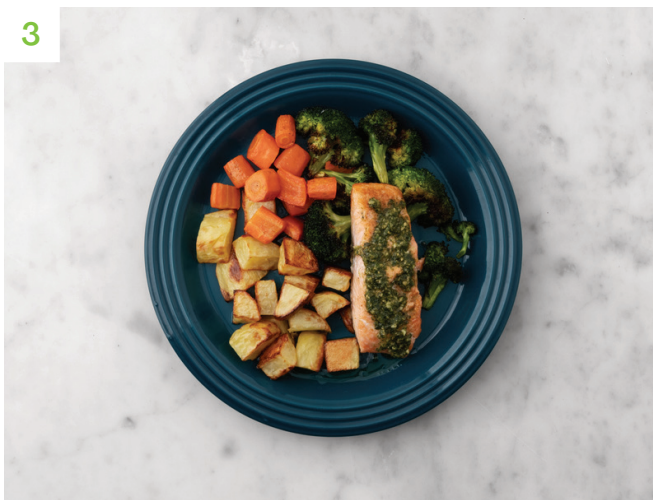
2



Bake the salmon & veggies

- Meanwhile, cut **carrot** into bite-sized chunks.
- Place **broccoli florets** and **carrot** on one half of a second lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **20-25 minutes**.
- When veggies have **10 minutes** remaining, place **salmon** on remaining half of the tray and season on both sides. Lightly coat or spray with **olive oil** and sprinkle over **Aussie spice blend**, gently turning the **salmon** to coat.
- Return tray to the oven, then bake until **salmon** is just cooked through, **8-10 minutes**.

3



Serve up

- Divide spiced salmon, potato chunks and roast veggies between plates.
- Top salmon with **basil pesto** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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