



# Lemon Pepper Salmon

with Dill & Parsley Potato Salad

NEW

Grab your Meal Kit with this symbol



Potato



Lemon



Dill & Parsley Mayonnaise



Lemon Pepper Spice Blend



Salmon



Cucumber



Apple



Mixed Salad Leaves

Prep in: 20-30 mins  
Ready in: 25-35 mins

Eat Me Early

Brighten your day with a summer time classic, perfect for a day spent around a delicious meal. Salmon is sure to bring a sunny feel with zesty pepper spices to add a kick of flavour. Cool off by taking a bite of creamy and herby potato salad.

### Pantry items

Olive Oil, Plain Flour, 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

Medium saucepan · Large frying pan

## Ingredients

|                           | 2 People        | 4 People        |
|---------------------------|-----------------|-----------------|
| <b>olive oil*</b>         | refer to method | refer to method |
| potato                    | 2               | 4               |
| lemon                     | 1               | 2               |
| <b>salt*</b>              | ¼ tsp           | ½ tsp           |
| dill & parsley mayonnaise | 1 medium packet | 1 large packet  |
| <b>plain flour*</b>       | ½ tbs           | 1 tbs           |
| lemon pepper spice blend  | 1 sachet        | 2 sachets       |
| salmon                    | 1 packet        | 2 packets       |
| cucumber                  | 1 (medium)      | 1 (large)       |
| apple                     | 1               | 2               |
| <b>balsamic vinegar*</b>  | ½ tbs           | 1 tbs           |
| mixed salad leaves        | 1 small bag     | 1 medium bag    |

\*Pantry Items

## Nutrition

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 2857kJ (683Cal) | 507kJ (121Cal) |
| Protein (g)      | 34.4g           | 6.1g           |
| Fat, total (g)   | 40.8g           | 7.2g           |
| - saturated (g)  | 6.1g            | 1.1g           |
| Carbohydrate (g) | 42.6g           | 7.6g           |
| - sugars (g)     | 19.1g           | 3.4g           |
| Sodium (mg)      | 600mg           | 106mg          |

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.

1



## Cook the potato

- Boil the kettle.
- Cut **potato** into bite-sized chunks. Zest **lemon** to get a generous pinch, then slice into wedges.
- Half-fill a medium saucepan with boiling water and add a good pinch of **salt**.
- Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**.
- Drain and return to the pan, then add **lemon juice** (½ tbs for 2 people / 1 tbs for 4 people), **lemon zest**, the **salt** and **dill & parsley mayonnaise**. Toss **potato** until coated, then cover to keep warm.

3



## Make the salad

- While the salmon is cooking, thinly slice **cucumber** into half-moons. Thinly slice **apple**.
- In a medium bowl, combine **olive oil** (1 tbs for 2 people / 2 tbs for 4 people), the **balsamic vinegar**, **cucumber**, **apple** and **mixed salad leaves**. Season to taste and toss to coat.

2



## Cook the salmon

- While the potatoes are cooking, combine the **plain flour**, **lemon pepper spice blend** and a pinch of **salt** and **pepper** on a plate.
- Pat **salmon** dry, then add to the **flour mix** and turn to coat.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. When oil is hot, cook **salmon**, skin-side down first, until just cooked through, **2-4 minutes** each side. Transfer to a plate to rest.

**TIP:** The spice blend chars a little in the pan, this adds to the flavour!

4



## Serve up

- Divide lemon pepper salmon, dill-parsley potato salad and apple salad between plates.
- Serve with any remaining lemon wedges. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



2023 | CW42

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