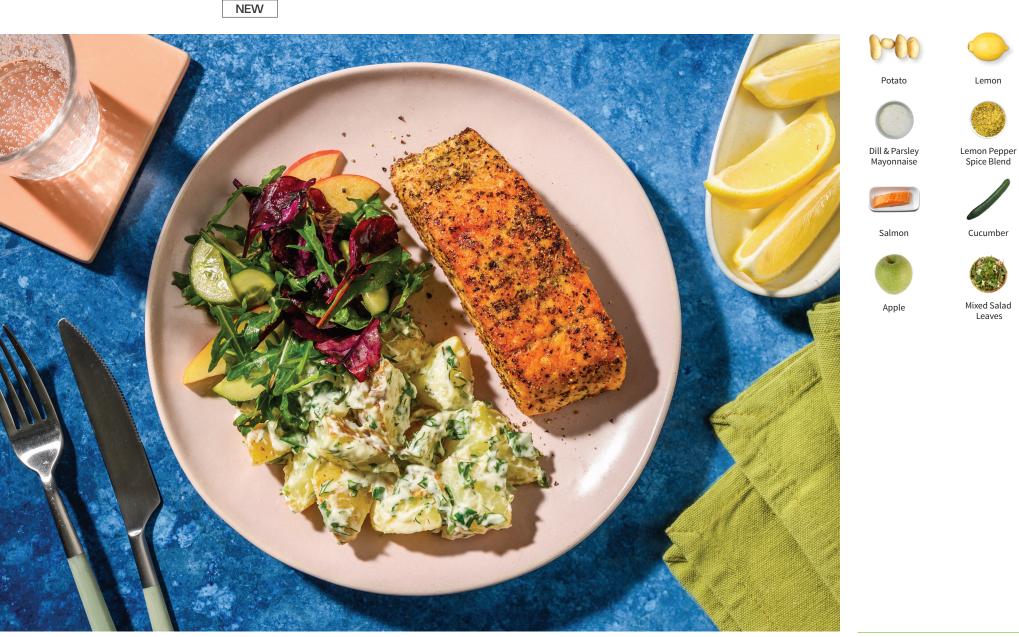


# Lemon Pepper Salmon with Dill & Parsley Potato Salad





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

1 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

<b>J</b>		
	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
lemon	1	2
salt*	1⁄4 tsp	½ tsp
dill & parsley mayonnaise	1 medium packet	1 large packet
plain flour*	1/2 tbs	1 tbs
lemon pepper spice blend	1 sachet	2 sachets
salmon	1 packet	2 packets
cucumber	1 (medium)	1 (large)
apple	1	2
balsamic vinegar*	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** for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



# 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.



# 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!



# 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.

### Serve up

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



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