



Lemon Pepper Salmon & Baby Broccoli

with Dill & Parsley Potato Salad

NEW

Grab your Meal Kit with this symbol



Potato



Baby Broccoli



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 summertime 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
olive oil*	refer to method	refer to method
potato	2	4
baby broccoli	1 bag	1 bag
lemon	1	2
salt*	¼ tsp	½ tsp
dill & parsley mayonnaise	1 medium packet	1 large packet
plain flour*	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
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)	2912kJ (696Cal)	479kJ (114Cal)
Protein (g)	35.8g	5.9g
Fat, total (g)	41g	6.7g
- saturated (g)	6.1g	1g
Carbohydrate (g)	43.5g	7.1g
- sugars (g)	19.7g	3.2g
Sodium (mg)	608mg	100mg

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



Cook the potato

- Boil the kettle.
- Cut **potato** into bite-sized chunks. Cut **baby broccoli** in half lengthways. Zest **lemon** to get a generous pinch, then slice into wedges.
- Half-fill a medium saucepan with boiling water and 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 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 with **salt** and **pepper** and toss to coat.

2



Cook the greens & 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. Cook **baby broccoli** until tender, **5-6 minutes**. Transfer to a bowl and cover to keep warm.
- Return the frying pan to medium-high heat with a drizzle of **olive oil**. 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, baby broccoli, dill-parsley potatoes 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



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