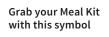


Lemon Pepper Salmon & Baby Broccoli with Dill & Parsley Potato Salad

NEW









Baby Broccoli





Dill & Parsley





Lemon Pepper Spice Blend



Cucumber



Apple

Salmon



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.



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*	1/4 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.



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.



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.



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!



Serve up

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

