



South American Baked Salmon

with Roasted Potatoes, Garden Salad & Mayonnaise

NEW

Grab your Meal Kit with this symbol



Potato



Salmon



South American Seasoning



Tomato



Cucumber



Mixed Salad Leaves



Mayonnaise



Venison Steak

Prep in: 10-20 mins
Ready in: 30-40 mins

Eat Me Early

Travel to the shores of South America with a spice blend that is swimming with flavour on a blushing slice of salmon. Sit back and enjoy the sunny roast potatoes and the creamy mayo, so let yourself dive straight into this dinner, it's bound to make a splash!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, White Wine 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

Two oven trays lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
salmon	1 packet	2 packets
South American seasoning	1 sachet	2 sachets
tomato	1	2
cucumber	1 (medium)	1 (large)
white wine vinegar*	drizzle	drizzle
mixed salad leaves	1 small bag	1 medium bag
mayonnaise	1 large packet	2 large packets
venison steak**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2862kJ (684Cal)	545kJ (130Cal)
Protein (g)	34.4g	6.6g
Fat, total (g)	43.3g	8.2g
- saturated (g)	7.4g	1.4g
Carbohydrate (g)	38.2g	7.3g
- sugars (g)	14.9g	2.8g
Sodium (mg)	814mg	155mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2105kJ (503Cal)	417kJ (100Cal)
Protein (g)	34.6g	6.9g
Fat, total (g)	22.7g	4.5g
- saturated (g)	3.9g	0.8g
Carbohydrate (g)	38.2g	7.6g
- sugars (g)	14.9g	3g
Sodium (mg)	808mg	160mg

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.

We're here to help!

Scan here if you have any questions or concerns

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1



Roast the potato

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

3



Toss the salad

- Meanwhile, roughly chop **tomato**. Thinly slice **cucumber**.
- In a second medium bowl, combine a drizzle of **white wine vinegar** and **olive oil**. Season, then add **mixed salad leaves**, **tomato** and **cucumber** and toss to coat.

2



Bake the salmon

- Meanwhile, combine **salmon**, **South American seasoning**, a drizzle of **olive oil** and a pinch of **salt** and **pepper** in a medium bowl.
- When potatoes have **10 minutes** cook time remaining, place **salmon** on a second lined oven tray.
- Bake **salmon** until just cooked through, **8-10 minutes**.

Custom Recipe: If you've swapped salmon for venison steak, flavour venison as above. In a large frying pan, heat a drizzle of olive oil over medium-high heat. When oil is hot, add venison and cook for 3-5 minutes on each side (depending on thickness), or until cooked to your liking. Transfer to a plate to rest and cover to keep warm.

4



Serve up

- Divide South American baked salmon, roasted potatoes and garden salad between plates.
- Serve with **mayonnaise**. Enjoy!

Custom Recipe: Slice the steak before serving.

Rate your recipe

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