



Lemon Pepper Salmon & Autumn Veggie Toss

with Baby Leaves & Balsamic Glaze

MEDITERRANEAN

DIETITIAN APPROVED

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Onion



Beetroot



Carrot



Potato



Garlic & Herb Seasoning



Salmon



Lemon Pepper Spice Blend



Baby Leaves



Balsamic Glaze



Salmon

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



Calorie Smart*
**Custom Recipe is not Calorie Smart*

Salmon is always nice cooked with light flavours, but a dark and rich balsamic glaze with delicious root veggies in a cosy and vibrant toss might be the new best way to eat salmon.

Eat Me Early

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

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
onion	½	1
beetroot	1	2
carrot	1	2
potato	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
salmon	1 packet	2 packets
lemon pepper spice blend	½ large sachet	1 large sachet
baby leaves	1 medium packet	1 large packet
vinegar* (white wine or balsamic)	drizzle	drizzle
balsamic glaze	1 packet	2 packets
salmon**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2439kJ (583Cal)	427kJ (102Cal)
Protein (g)	35.1g	6.1g
Fat, total (g)	27.9g	4.9g
- saturated (g)	4.9g	0.9g
Carbohydrate (g)	50g	8.7g
- sugars (g)	31.6g	5.5g
Sodium (mg)	703mg	123mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3744kJ (895Cal)	526kJ (126Cal)
Protein (g)	63.1g	8.9g
Fat, total (g)	50.3g	7.1g
- saturated (g)	9.1g	1.3g
Carbohydrate (g)	50g	7g
- sugars (g)	31.6g	4.4g
Sodium (mg)	768mg	108mg

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://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Prep the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **onion (see ingredients)** into wedges. Cut **beetroot** into thin wedges. Slice **carrot** and **potato** into thin sticks.

2



Roast the veggies

- Place **onion, beetroot, potato** and **carrot** on a lined oven tray. Drizzle with **olive oil**, sprinkle over **garlic & herb seasoning**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide between two trays.

3



Get prepped

- Meanwhile, pat dry the **salmon** with paper towel and season on both sides with **lemon pepper spice blend (see ingredients)**.

TIP: Patting the skin dry helps it crisp up in the pan!

4



Cook the salmon

- 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.

Custom Recipe: If you've doubled your salmon, cook in batches for best results.

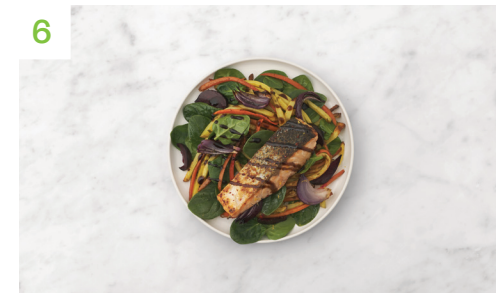
5



Bring it all together

- When the veggies are done, add **baby leaves** to the tray, along with a drizzle of **vinegar** and **olive oil**. Gently toss to combine.

6



Serve up

- Divide autumn veggie toss and lemon pepper salmon between plates.
- Drizzle over **balsamic glaze** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW12



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