



Garlic-Herb Salmon & Roasted Potatoes

with Lemony Veggies & Parsley Yoghurt

MEDITERRANEAN

NEW

AIR FRYER FRIENDLY

Grab your Meal Kit with this symbol



Potato



Broccoli



Carrot



Parsley



Lemon



Salmon



Garlic & Herb Seasoning



Greek-Style Yoghurt



Salmon

Prep in: 25-35 mins
Ready in: 30-40 mins

Calorie Smart*
*Custom Recipe is not Calorie Smart

Eat Me Early

It's the queen-bee of fish tonight - blushing pink salmon. This one has been generously spiced with our garlic & herb seasoning before being seared to tender perfection. To accompany, we have roasty potatoes, lemony veg and a fresh and tangy sauce. No one could resist this much tastiness.

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

Pantry items

Olive Oil

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Air fryer or oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
broccoli	½ head	1 head
carrot	1	2
parsley	1 packet	1 packet
lemon	½	1
salmon	1 packet	2 packets
garlic & herb seasoning	1 medium sachet	1 large sachet
Greek-style yoghurt	1 medium packet	1 large packet
salmon**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2580kJ (617Cal)	402kJ (96Cal)
Protein (g)	42.9g	6.7g
Fat, total (g)	28.7g	4.5g
- saturated (g)	5.2g	0.8g
Carbohydrate (g)	43.9g	6.8g
- sugars (g)	23.6g	3.7g
Sodium (mg)	669mg	104mg
Dietary Fibre (g)	11.6g	1.8g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3885kJ (929Cal)	497kJ (119Cal)
Protein (g)	70.9g	9.1g
Fat, total (g)	51.1g	6.5g
- saturated (g)	9.4g	1.2g
Carbohydrate (g)	43.9g	5.6g
- sugars (g)	23.6g	3g
Sodium (mg)	733mg	94mg
Dietary fibre	11.6g	1.5g

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

2024 | CW24



1



Airfry the potato

- Set your air fryer to **200°C**.
- Cut **potato** into bite-sized chunks.
- Place **potato** into the air fryer basket and season with **salt**. Drizzle generously with **olive oil** and cook for **10 minutes**. Shake the basket, then cook until golden, a further **10-15 minutes**.

TIP: No air fryer? Preheat oven to 240°C/220°C fan-forced. Place potato on a lined oven tray. Drizzle with olive oil and toss to coat. Roast until tender, 20-25 minutes. Remove from oven and season with salt.

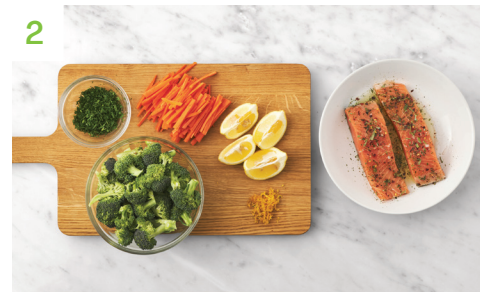
4



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **broccoli** and **carrot** until tender, **6-7 minutes**.
- Remove pan from heat and add a squeeze of **lemon juice**. Season to taste.
- Transfer to a plate and cover to keep warm.

2



Get prepped

- While potato is cooking, cut **broccoli** (see **ingredients**) into small florets, then roughly chop stalk. Thinly slice **carrot** into sticks. Finely chop **parsley**. Zest **lemon** to get a pinch and cut into wedges.
- Pat **salmon** dry with paper towel. In a medium bowl, combine **salmon**, **garlic & herb seasoning**, a pinch of **salt** and **pepper** and a drizzle of **olive oil**. Set aside.

Custom Recipe: If you've doubled your salmon, flavour in a large bowl and cook in batches for best results.

5



Cook the salmon

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, add **salmon**, skin side down first, and cook until just cooked through, **2-4 minutes** each side.

TIP: The spice blend will char slightly in the pan, this adds to the flavour!

3



Make the parsley yoghurt

- In a small bowl, combine **parsley**, **Greek-style yoghurt** and **lemon zest**.
- Season to taste and set aside.

6



Serve up

- Divide potatoes and lemony veggies between plates. Top with garlic-herb salmon.
- Serve with parsley yoghurt and any remaining lemon wedges. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate