



Seared Salmon & Potato Rosti

with Radish Salad & Herby Mayo

SKILL UP

NEW

CLIMATE SUPERSTAR

Grab your meal kit with this number

6



Radish



Lemon



Salmon



Potato



Garlic & Herb Seasoning



Mixed Salad Leaves



Dill & Parsley Mayonnaise



Cow's Milk Feta



Grated Parmesan Cheese

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

Carb Smart

Protein Rich

Eat Me Early

Time to unleash your inner chef! A crunchy golden rosti might just be our new favourite way to enjoy a potato. These tasty fritters of goodness offer the ultimate crispy edges with a soft, flavourful interior - they're the perfect accompaniment to blushing seared salmon and a fresh, tangy salad. Lucky that's exactly what we're serving them alongside!

Pantry items

Olive Oil, Butter, Plain Flour

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
radish	2	3
lemon	½	1
butter*	20g	40g
salmon	1 packet	2 packets
potato	2	4
garlic & herb seasoning	1 medium sachet	1 large sachet
plain flour*	1 tsp	2 tsp
mixed salad leaves	1 medium packet	1 large packet
dill & parsley mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2580kJ (617cal)	340kJ (81cal)
Protein (g)	34.2g	4.5g
Fat, total (g)	35.9g	4.7g
- saturated (g)	5.4g	0.7g
Carbohydrate (g)	38.6g	5.1g
- sugars (g)	19.8g	2.6g
Sodium (mg)	638mg	84.2mg
Dietary Fibre (g)	5.4g	0.7g

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.



Get prepped

- Thinly slice **radish**.
- Slice **lemon** into wedges.
- To a small microwave-safe bowl, add the **butter**. Microwave in **10 second bursts** until melted.
- Pat **salmon** dry with paper towel and season with **salt** and **pepper**.

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



Cook the salmon

- Wipe out and return 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.



Make the rosti

- Grate **potato** and squeeze out any excess moisture using a paper towel or clean cloth.
- In a large bowl, combine **potato**, **garlic & herb seasoning**, the **plain flour**, **melted butter** and a generous pinch of **pepper**.

TIP: *Squeezing the grated potato helps remove excess moisture, which means more crispiness!*



Make the salad

- In a medium bowl, combine **mixed salad leaves**, **radish**, a squeeze of **lemon juice** and a drizzle of **olive oil**. Season to taste.



Cook the rosti

- In a large frying pan, heat enough **olive oil** to coat the base over medium-high heat.
- When oil is hot, add heaped tablespoons of **potato mixture** in batches and flatten with a spatula (you should get 2 per person).
- Cook until golden, **3-4 minutes** each side (don't flip too early!). Transfer to a paper towel-lined plate.

TIP: *Add extra olive oil between batches as needed.*



Serve up

- Divide seared salmon, potato rosti and radish salad between plates.
- Serve with a dollop of **dill & parsley mayonnaise** and remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW44



CUSTOM OPTIONS

+ **ADD COW'S MILK FETA**
Crumble over salad before serving.

+ **ADD GRATED PARMESAN CHEESE**
Sprinkle over salad before serving.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

