



ALMOND CRUSTED SALMON & ROSEMARY POTATOES

with Dill-Parsley Mayo



Top salmon with an almond crust



Potato



Rosemary



Garlic



Roasted Almonds



Salmon



Cucumber



Rocket Leaves



Dill & Parsley Mayonnaise

Hands-on: 15 mins
Ready in: 30 mins

Eat me first

Low calorie

Set the table and get ready to impress with this succulent salmon dish. It's impressive enough for a special occasion and easy enough for a weeknight dinner. The crust is so delicious that we reckon you'll be eating the loose bits straight off the tray. You can thank us later!

Pantry Staples: Olive Oil, Balsamic Vinegar, Honey

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **two oven trays** lined with **baking paper**



1 ROAST THE ROSEMARY POTATOES

Preheat the oven to **220°C/200°C fan-forced**. Chop the **potato** (unpeeled) into 1cm chunks. Pick and finely chop the **rosemary** leaves. Place the potato, **1/2** the rosemary, a **drizzle of olive oil** and a **pinch of salt** and **pepper** on an oven tray lined with baking paper. Toss to coat, then roast for **25-30 minutes**, or until tender. **TIP:** *Cut the potato to the correct size so it cooks in the allocated time.*



4 MAKE THE SALAD DRESSING

While the salmon is baking, combine the **balsamic vinegar**, **honey** and **olive oil** (**1 1/2 tbs for 2 people / 3 tbs for 4 people**) in a medium bowl. Season with a **pinch of salt** and **pepper** and mix well.



2 MAKE THE ALMOND CRUST

While the potatoes are roasting, finely chop the **garlic** (or use a garlic press). Using a rolling pin or the base of a saucepan, crush the **roasted almonds** in their packet (or finely chop if you prefer!). In a small bowl, combine the garlic, almonds, **salt**, **remaining rosemary** and **olive oil** (**2 tsp for 2 people / 4 tsp for 4 people**).



5 PREP THE SALAD

Thinly slice the **cucumber** into half-moons. Add the cucumber and **rocket leaves** to the bowl with the salad dressing and toss to coat. **TIP:** *Dress the salad just before serving to prevent soggy leaves.*



3 BAKE THE SALMON

Pat the **salmon** dry with paper towel and season both sides with a **pinch of salt** and **pepper**. Place on a second oven tray lined with baking paper. Spoon the **almond mixture** over the top of the salmon and gently press down so the crust sticks. In the last **8-12 minutes** of the potato cooking time, place the salmon in the oven and bake until the salmon is just cooked through and the crust is slightly golden. **TIP:** *It's OK if some of the almond crust falls off!*



6 SERVE UP

Divide the almond crusted salmon, rosemary potatoes and salad between plates. Serve with the **dill & parsley mayonnaise** and sprinkle any remaining almond crust over the salad.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	2	4
rosemary	1 bunch	1 bunch
garlic	1 clove	2 cloves
roasted almonds	2 packets	4 packets
salt*	¼ tsp	½ tsp
salmon	1 packet	1 packet
balsamic vinegar*	4 tsp	2 ½ tbs
honey*	1 tsp	2 tsp
cucumber	1	2
rocket leaves	1 bag (60 g)	1 bag (120 g)
dill & parsley mayonnaise	1 tub (50 g)	1 tub (100g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3110kJ (742Cal)	602kJ (144Cal)
Protein (g)	40.4g	7.8g
Fat, total (g)	46.8g	9.1g
- saturated (g)	5.9g	1.1g
Carbohydrate (g)	37.6g	7.3g
- sugars (g)	8.3g	1.6g
Sodium (g)	490mg	95mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

Hello@HelloFresh.co.nz

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