



# DUKKAH & DILL-CRUSTED SALMON

with Carrot Fries & Garden Salad



Make carrot fries



Carrot



Parsley



Dill



Panko Breadcrumbs



Dukkah



Tomato



Salmon



Rocket Leaves



Tartare Sauce



Hands-on: 20 mins  
Ready in: 30 mins

Eat me first

Sometimes you want to put dinner in the oven and forget about it. That's why this clever meal of salmon and sides involves no stove time at all. Both the fun carrot fries and the dukkah-crusted fish are baked, leaving you free to mix up a quick salad and get ready to enjoy the explosion of flavours.

**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 BAKE THE CARROT FRIES

Preheat the oven to **220°C/200°C fan-forced**. Slice the **carrots** (unpeeled) into 1cm fries. Place the carrot fries on an oven tray lined with baking paper, **drizzle** with **olive oil** and season with a **pinch** of **salt** and **pepper**. Toss to coat, then **bake for 25-30 minutes** or until tender. **TIP:** *Cut the carrots to the correct size to ensure they cook in the allocated time.*



## 2 MAKE THE HERB CRUST

While the carrot fries are baking, finely chop the **parsley** leaves. Pick the **dill** leaves and finely chop. In a medium bowl, place the parsley, dill, **panko breadcrumbs** (see **ingredients list**) and **dukkah**. Add **olive oil** (**1 1/2 tbs for 2 people / 3 tbs for 4 people**) and mix well.



## 3 PREP THE SALMON

Pat the **salmon** fillets dry with paper towel and place on a second oven tray lined with baking paper. Lightly coat or spray with **olive oil**. Spoon the **herb crust mixture** onto the top side of the salmon and gently press down so it sticks. Some will fall off – don't worry, you'll use it later!



## 4 BAKE THE SALMON

Bake the **salmon** on the top rack for the final **6-10 minutes** of the carrot cooking time, or until the crust is golden and the salmon is just cooked through. **TIP:** *It's okay to serve salmon slightly rare in the middle!*



## 5 MAKE THE SALAD

While the salmon is baking, cut the **tomato** into 1cm chunks. In a medium bowl, combine the **balsamic vinegar**, **honey** and **olive oil** (**2 tsp for 2 people / 4 tsp for 4 people**). Season with **salt** and **pepper** and mix well. Add the tomato and **rocket leaves** and toss to coat just before serving.



## 6 SERVE UP

Divide the herb-crusted salmon, carrot fries and salad between plates. Sprinkle over any remaining crust (from the tray) and serve with a dollop of **tartare sauce**.

# ENJOY!

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
carrot	4	8
parsley	1 bunch	1 bunch
dill	1 bunch	1 bunch
panko breadcrumbs	½ packet	1 packet
dukkah	1 sachet	2 sachets
salmon	1 packet	1 packet
tomato	1	2
balsamic vinegar*	2 tsp	4 tsp
honey*	½ tsp	1 tsp
rocket leaves	1 bag (30 g)	1 bag (60 g)
tartare sauce	1 tub (50 g)	1 tub (100 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2130kJ (510Cal)	413kJ (99Cal)
Protein (g)	34.4g	6.7g
Fat, total (g)	26.6g	5.2g
- saturated (g)	4.4g	0.8g
Carbohydrate (g)	27.9g	5.4g
- sugars (g)	17.1g	3.3g
Sodium (g)	704mg	136mg

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  
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