

## **DUKKAH & DILL-CRUSTED SALMON**

with Carrot Fries & Garden Salad





Make carrot fries









Panko Breadcrumbs







Salmon

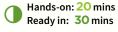


**Rocket Leaves** 



**Tartare Sauce** 

Pantry Staples: Olive Oil, Balsamic Vinegar, Honey





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.

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

• two oven trays lined with baking paper



## Preheat the oven to 220°C/200°C fanforced. 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.



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 (11/2 tbs for 2 people / 3 tbs for 4 people) and mix well.



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!



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!



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.



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!**

## 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)	<b>1 bag</b> (60 g)
tartare sauce	1 tub (50 g)	1 tub (100 g)

\*Pantry Items

NUTRITION	PER SERVING	<b>PER 100G</b>
Energy (kJ)	2130kJ (510Cal)	413kJ (99Cal)
Protein (g)	34.4g	6.7g
at, 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

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