



Zesty-Spiced Salmon & Summer Veggie Toss with Balsamic Glaze

MEDITERRANEAN

DIETITIAN APPROVED*

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Onion



Beetroot



Carrot



Potato



Garlic & Herb Seasoning



Salmon



Zesty Chilli Salt



Mixed Salad Leaves



Balsamic Glaze



Salmon

Recipe Update

We've replaced the baby spinach leaves in this recipe with mixed salad leaves due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

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



Calorie Smart*

*Custom Recipe is not Calorie Smart or Dietitian Approved

Eat Me Early

Salmon is always nice cooked with light flavours, but a dark and rich balsamic glaze with delicious root veggies in a colourful summer toss might be the new best way to eat salmon.

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

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

Before you start

Wash your hands and any fresh food

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

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
onion	½ (large)	1 (large)
beetroot	1	2
carrot	1	2
potato	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
salmon	1 packet	2 packets
zesty chilli salt	pinch	pinch
mixed salad leaves	1 medium bag	1 large bag
vinegar* (white wine or balsamic)	drizzle	drizzle
balsamic glaze	1 packet	2 packets
salmon**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2439kJ (583Cal)	427kJ (102Cal)
Protein (g)	35.1g	6.1g
Fat, total (g)	27.9g	4.9g
- saturated (g)	4.9g	0.9g
Carbohydrate (g)	50g	8.7g
- sugars (g)	31.6g	5.5g
Sodium (mg)	703mg	123mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3744kJ (895Cal)	526kJ (126Cal)
Protein (g)	63.1g	8.9g
Fat, total (g)	50.3g	7.1g
- saturated (g)	9.1g	1.3g
Carbohydrate (g)	50g	7g
- sugars (g)	31.6g	4.4g
Sodium (mg)	768mg	108mg

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 | CW08



Prep the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **onion (see ingredients)** into wedges. Cut **beetroot** into thin wedges. Slice **carrot** and **potato** into thin sticks.



Cook the salmon

- Heat a large frying pan over 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.

Custom Recipe: If you've doubled your salmon, cook salmon in batches for best results.



Roast the veggies

- Place **onion, beetroot, potato** and **carrot** on a lined oven tray. Drizzle with **olive oil**, sprinkle over **garlic & herb seasoning**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide between two trays.



Bring it all together

- When the veggies are done, add **mixed salad leaves** to the tray, along with a drizzle of **vinegar** and **olive oil**. Gently toss to combine.



Get prepped

- Meanwhile, pat **salmon** dry with paper towel.
- Season on both sides with a pinch of **zesty chilli salt**.

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



Serve up

- Divide summer veggie toss and zesty-spiced salmon between plates.
- Drizzle over **balsamic glaze** to serve. Enjoy!

Rate your recipe

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