



# Apricot-Glazed Salmon & Roast Potatoes

with Almond, Radish & Feta Salad

GOURMET

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Orange



Radish



Thyme



Flaked Almonds



Salmon



Chicken-Style Stock Powder



Apricot Sauce



Mixed Salad Leaves



Dijon Mustard



Cow's Milk Feta

Prep in: 25-35 mins  
Ready in: 30-40 mins

Eat Me Early

Elevate your dining experience with our exquisite apricot-glazed salmon, featuring succulent salmon fillets glazed to perfection in a citrusy sauce. Accompanied by crispy roast potatoes and a fresh, crunchy salad, this harmonious trio promises a symphony of textures and flavours that will leave your palate delighted and satisfied.

### Pantry items

Olive Oil

## 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
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
orange	1	2
radish	1	2
thyme	½ bag	1 bag
flaked almonds	1 packet	2 packets
salmon	1 packet	2 packets
chicken-style stock powder	1 medium sachet	1 large sachet
apricot sauce	1 medium packet	1 large packet
<b>water*</b>	¼ cup	½ cup
mixed salad leaves	1 medium bag	1 large bag
dijon mustard	½ packet (12.5g)	1 packet (25g)
cow's milk feta	½ packet (95g)	1 packet (190g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3446kJ (824Cal)	516kJ (123Cal)
Protein (g)	49.4g	7.4g
Fat, total (g)	43.6g	6.5g
- saturated (g)	16.6g	2.5g
Carbohydrate (g)	57.6g	8.6g
- sugars (g)	39.2g	5.9g
Sodium (mg)	1745mg	262mg

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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## Fancy a drop?

Browse our Wine Boxes in the expanded menu to find your next perfect pairing.



## Roast the potatoes

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into large chunks.
- Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**.



## Get prepped

- Zest **orange** to get a pinch, then peel and slice into wedges. Thinly slice **radish**. Pick **thyme leaves** (see ingredients).
- Heat a large frying pan over medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a large bowl.



## Cook the salmon

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Pat **salmon** dry with paper towel and season both sides.
- When oil is hot, cook **salmon**, skin-side down first, until just cooked through, **2-4 minutes** each side. Transfer to a plate.

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



## Make the sauce

- Return pan to medium heat with a drizzle of **olive oil**. Cook **thyme**, **chicken-style stock powder**, **apricot sauce**, **orange zest** and the **water**, stirring, until thickened, **1-2 minutes**. Season with **pepper**.



## Make the salad

- Add **orange wedges** to the bowl with the **almonds**, along with **radish**, **mixed salad leaves**, **dijon mustard** (see ingredients) and a drizzle of **olive oil**. Toss to combine and season to taste.
- Crumble over **cow's milk feta** (see ingredients).



## Serve up

- Divide salmon, roast potatoes and almond, radish and feta salad between plates.
- Pour apricot sauce over salmon to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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