Herby Baked Salmon & Apple-Almond Salad

with Veggie Fries & Chargrilled Capsicum Mayo

TASTE MEDITERRANEAN

Grab your meal kit with this number **35**

- Carrot
- Parsnip
- Beetroot
- Apple
- Roasted Almonds
- Chargrilled Capsicum Relish
- Salmon
- Tomato & Herb Seasoning
- Mixed Salad Leaves

Prep in: 15-25 mins
Ready in: 35-45 mins

Eat Me Early

Salmon is something to get excited about when it comes to dinnertime. String up the balloons and shout hooray when the salmon is drizzled in a delightful chargrilled capsicum relish mayo because it's going to be a celebration for your tastebuds!

Add:

- Salmon
- Halloumi/ Grill Cheese

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

You will need

Two oven trays lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
parsnip	1	2
beetroot	1	2
apple	½	1
roasted almonds	1 packet	2 packets
chargrilled capsicum relish	1 medium packet	1 large packet
mayonnaise*	2 tbsp	¼ cup
salmon	280g	560g
tomato & herb seasoning	1 sachet	2 sachets
mixed salad leaves	1 small packet	1 medium packet
white wine vinegar*	drizzle	drizzle

****Pantry Items***

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2470kJ (591Cal)	476kJ (114Cal)
Protein (g)	35.4g	6.8g
Fat, total (g)	111g	21.4g
- saturated (g)	17.6g	3.4g
Carbohydrate (g)	29.5g	5.7g
- sugars (g)	22.5g	4.3g
Sodium (mg)	1650mg	318mg
Dietary Fibre (g)	8.4g	1.6g

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

2025 | CW37

1

Bake the fries

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **carrot**, **parsnip** and **beetroot** into fries.
- Place **veggie fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then bake until tender, **30-35 minutes**.

2

Get prepped

- Meanwhile, thinly slice **apple (see ingredients)** into wedges.
- Roughly chop **roasted almonds**.
- In a small bowl, combine **chargrilled capsicum relish** and the **mayonnaise**. Set aside.
- In a medium bowl, combine **salmon**, **tomato & herb seasoning**, a drizzle of **olive oil** and a pinch of **pepper**.

3

Bake the salmon

- When the fries have **10 minutes** remaining, place **salmon** on a second lined oven tray.
- Bake **salmon** until just cooked through, **8-10 minutes**.

4

Finish & serve

- In a second medium bowl, combine **mixed salad leaves**, apple, almonds, a drizzle of **white wine vinegar** and olive oil. Season to taste.
- Divide baked salmon, veggie fries and apple salad between plates.
- Dollop with chargrilled capsicum mayo to serve. Enjoy!

CUSTOM OPTIONS

SALMON:
Follow method above.

HALLOUMI/GRILL CHEESE:
Cut into 1cm-thick slices. In a large frying pan with olive oil, cook until golden brown, 1-2 minutes each side.

SCAN CODE FOR FULL STEPS AND NUTRITION INFO