



# Quick Crumbed Salmon & Blistered Veggies

with Flaked Almonds & Honey Mustard Dressing

GREEN & LEAN

Grab your meal kit with this number

6



Broccoli



Courgette



Carrot



Garlic



One-Step Coater



Salmon



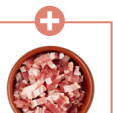
Flaked Almonds



Dijon Mustard



Salmon



Diced Bacon

Prep in: 20-30 mins  
Ready in: 25-35 mins

Calorie Smart

Protein Rich

Eat Me Early

Golden crumbed salmon is paired with blistered veggies like broccoli, carrot and courgette and tossed in tangy Dijon mustard and honey. Add a sprinkle of flaked almonds for crunch and you have yourself an easy dinner that comes together in a flash!

## 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

Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
broccoli	1 head	2 heads
courgette	1	2
carrot	1	2
garlic	2 cloves	4 cloves
one-step coater	1 packet	2 packet
salmon	280g	560g
flaked almonds	1 packet	2 packets
Dijon mustard	1 medium packet	2 medium packets
<b>honey*</b>	1 tsp	2 tsp
<b>balsamic vinegar*</b>	drizzle	drizzle

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2390kJ (570Cal)	490kJ (117Cal)
Protein (g)	40.8g	8.4g
Fat, total (g)	31.2g	6.4g
- saturated (g)	5.2g	1.1g
Carbohydrate (g)	27.3g	5.6g
- sugars (g)	9.2g	1.9g
Sodium (mg)	526mg	108mg
Dietary Fibre (g)	9g	1.8g

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



## Get prepped

- Cut **broccoli** into small florets, then roughly chop stalk.
- Slice **courgette** and **carrot** into thin rounds.
- Finely chop **garlic**.
- Evenly spread **one-step coater** on a plate. Pat **salmon** dry with paper towel and press into coater, turning to coat.
- Heat a large frying pan over medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**.



## Cook the salmon

- Return frying pan to 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.

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

**Have a BBQ?** Preheat to medium-high heat. Drizzle coated salmon with olive oil. Place salmon skin-side down first on BBQ hot plate and grill until charred and just cooked through, 2-4 minutes each side



## Cook the veggies

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **broccoli**, **carrot** and **courgette**, until tender, **5-6 minutes**.
- Add **garlic** and cook until fragrant, **1 minute**. Transfer to a large bowl and cover to keep warm.

**TIP:** Add a dash of water to the pan to help speed up the cooking process.



## Finish & serve

- To the bowl with veggies, add **Dijon mustard**, the **honey** and a drizzle of **balsamic vinegar**, then toss to combine. Season to taste with **salt** and **pepper**.
- Divide crumbed salmon and blistered veggies between plates.
- Top veggies with flaked almonds to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2026 | CW04



### CUSTOM OPTIONS



#### SALMON:

Follow method above, cooking in batches if necessary.



#### DICED BACON:

Cook, breaking up with a spoon, until browned, 6-7 minutes. Sprinkle over veggies to serve.

SCAN CODE FOR  
FULL STEPS AND  
NUTRITION INFO

