



LEMON PEPPER SALMON

with Warm Dill & Parsley Potato Salad



Flavour potatoes with
dill & parsley mayo



Potato



Lemon



Dill & Parsley
Mayonnaise



Lemon Pepper
Spice Blend



Salmon



Pear




Apple



Mixed Salad
Leaves

Hands-on: **20** mins
Ready in: **25** mins

 Eat me first

Treat your tastebuds to this salmon and warm potato salad combination - it's a classic - and for good reason! The sweet crunch from the apple and pear mixed into the side salad adds a crisp note of interest to a simple, yet satisfying dish.

Pantry Staples: Olive Oil, Plain Flour, Balsamic Vinegar

BEFORE YOU START

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

- **medium saucepan** with a **lid** (or **foil**)
- **large frying pan**



1 GET PREPARED

Bring a medium saucepan of lightly salted water to the boil. Cut the **potato** (unpeeled) into 2cm chunks. **TIP:** *Cut the potato to the correct size so it cooks in the allocated time.* Zest the **lemon** to get a **generous pinch**, then slice into wedges.



2 MAKE THE POTATO SALAD

Add the **potato** to the saucepan of boiling water. Cook until easily pierced with a knife, **10-12 minutes**. Drain, then return the potato to the saucepan and add **lemon juice (2 tsp for 2 people / 4 tsp for 4 people)**, lemon zest, the **salt** and **dill & parsley mayonnaise**. Toss until the potato is well coated. Cover to keep warm.



3 COAT THE SALMON

On a plate, combine the **plain flour**, **lemon pepper spice blend** and a **pinch** of **salt** and **pepper**. Pat the **salmon** fillets dry with paper towel, add to the flour mixture and turn to coat.



4 COOK THE SALMON

In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. When the oil is hot, add the **salmon**, skin-side down, to the pan and cook until just cooked through, **2-3 minutes** each side (depending on thickness). **TIP:** *Don't worry if the spice blend chars a little in the pan, this adds to the flavour!*



5 MAKE THE SALAD

While the salmon is cooking, thinly slice the **pear** and **apple**. In a medium bowl, combine **olive oil (1 tbs for 2 people / 2 tbs for 4 people)**, the **balsamic vinegar**, pear, apple and **mixed salad leaves**. Season with a **pinch** of **salt** and **pepper**. **TIP:** *Toss the salad just before serving to keep the leaves crisp!*



6 SERVE UP

Divide the lemon pepper salmon, dill and parsley potato salad and green salad between plates. Serve with any remaining lemon wedges.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	3	6
lemon	1	2
salt*	¼ tsp	½ tsp
dill & parsley mayonnaise	1 tub (50 g)	1 tub (100 g)
plain flour*	2 tsp	4 tsp
lemon pepper spice blend	1 sachet	2 sachets
salmon	1 packet	1 packet
pear	1	2
apple	1	2
balsamic vinegar*	2 tsp	4 tsp
mixed salad leaves	1 bag (30 g)	1 bag (60 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2680kJ (640Cal)	502kJ (120Cal)
Protein (g)	32.6g	6.1g
Fat, total (g)	40.4g	7.6g
- saturated (g)	5.6g	1.1g
Carbohydrate (g)	34.9g	6.5g
- sugars (g)	16.1g	3.0g
Sodium (g)	1860mg	349mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
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