



Sesame-Crusted Salmon

with Roasted Potatoes, Broccoli and Lemon Aioli

30 Minutes

Customized Protein

+ Add

Swap

or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



+2 Double



Salmon Fillets,
skin-on
500 g | 1000 g

Swap



Tilapia
300 g | 600 g



Salmon Fillets,
skin-on
250 g | 500 g



Black Sesame
Seeds
1 tbsp | 2 tbsp



Sesame Seeds
1 tbsp | 2 tbsp



Broccoli
227 g | 454 g



Yellow Potato
350 g | 700 g



Lemon
1 | 2



Garlic Puree
1 tbsp | 2 tbsp



Mayonnaise
4 tbsp | 8 tbsp



Panko
Breadcrumbs
1/4 cup | 1/2 cup

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Oil, Salt, Pepper

Cooking utensils | 2 baking sheets, large non-stick pan, measuring spoons, paper towels, parchment paper, shallow dish, small bowl, zester

1



Roast potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Cut **potatoes** into ½-inch pieces.
- Add **potatoes** and **1 tbsp** (2 tbsp) **oil** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 25-28 min.

2



Prep

*2 Double | Salmon Fillets, skin-on

Swap | Tilapia

- Meanwhile, zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Pat **salmon** dry with paper towels, then season tops with **salt** and **pepper**.

3



Coat salmon

- Stir together **panko** and **sesame seeds** in a shallow dish.
- Spread **½ tbsp mayo** over flesh side of **each** piece of **salmon**.
- Working with **one piece of salmon** at a time, press flesh sides into **panko-sesame seed mixture** to coat completely.
- Arrange **salmon** on a parchment-lined baking sheet, skin-side down.

4



Roast salmon

- Roast **salmon** in the **top** of the oven until **breadcrumbs** are golden and **salmon** is cooked through, 12-13 min.**

5



Cook broccoli

- Cut **broccoli** into bite-sized pieces.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **broccoli** and **¼ cup** (½ cup) **water**. Cook, stirring occasionally, until **broccoli** is tender-crisp, 4-6 min.
- Add **1 tbsp** (2 tbsp) **oil** and **half the garlic puree**. Cook, stirring often, until **garlic** is fragrant, 1 min.
- Season with **salt** and **pepper**.

6



Finish and serve

- Add **1 tsp** (2 tsp) **lemon zest**, **lemon juice**, **remaining mayo** and **remaining garlic puree** to a small bowl. Season with **salt** and **pepper**, then stir to combine.
- Divide **salmon**, **potatoes** and **broccoli** between plates.
- Squeeze a **lemon wedge** over top, if desired.
- Serve **lemon aoli** on the side for dipping.

Measurements
within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

2 | Prep

*2 Double | Salmon Fillets, skin-on

If you've opted for **double salmon**, prepare and cook it in the same way the recipe instructs you to prepare and cook the regular portion of **salmon**.

2 | Prep

Swap | Tilapia

If you've opted to get **tilapia**, prep and cook it the same way the recipe instructs you to prep and cook the **salmon**. **

** Cook to a minimum internal temperature of 70°C/158°F, as size may vary.



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