



Panko-Topped Salmon

with Broccoli, Buttery Green Pea Rice and Lemony Mayo









20 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](http://hellofresh.ca)

*2 Double 	↻ Swap 
Salmon Fillets, skin-on 500 g 1000 g	Shrimp 285 g 570 g



	
Salmon Fillets, skin-on 250 g 500 g	Garlic Salt 1 tsp 2 tsp
	
Panko Breadcrumbs ¼ cup ½ cup	Mayonnaise 4 tbsp 8 tbsp
	
Broccoli 227 g 454 g	Green Peas 56 g 113 g
	
Basmati Rice ¾ cup 1 ½ cups	Lemon 1 1

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 | Sugar, oil, unsalted butter, salt, pepper

Cooking utensils | Aluminum foil, 2 baking sheets, measuring cups, measuring spoons, medium pot, paper towels, 2 small bowls

1



Cook rice

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Bring 1 ¼ cups (2 ½ cups) water to a boil in a covered medium pot.

- Add **rice** and **peas** to the **boiling water**. Return to a boil, then reduce heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.

4



Prep salmon

×2 Double | **Salmon Fillets**

Swap | **Shrimp**

- Line another baking sheet with foil.
- Pat **salmon** dry with paper towels. Season with **remaining garlic salt** and **pepper**.
- Arrange **salmon fillets** on prepared sheet. Coat only the **salmon tops** with **reserved lemony mayo** (from step 2).
- Sprinkle **panko mixture** over top, then press gently to adhere.

2



Prep

Swap | **Shrimp**

- Meanwhile, zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut **any remaining lemon** into wedges.
- Add **mayo**, **lemon zest**, ½ **tsp** (1 **tsp**) **lemon juice**, ½ **tsp** (1 **tsp**) **sugar** and ¼ **tsp** (½ **tsp**) **garlic salt** in a small bowl. Season with **pepper**, then stir to combine. Reserve **1 tbsp** (2 **tbsp**) **lemony mayo**. Set aside to use in step 4.
- Combine **panko** with ½ **tbsp** (1 **tbsp**) **oil** in another small bowl.

5



Bake broccoli and salmon

Swap | **Shrimp**

- Roast **broccoli** in the **middle** of the oven until almost tender, 8-10 min.
- Bake **salmon** in the **top** of the oven until cooked through, 8-12 min.**

3



Season broccoli

- Line a baking sheet with foil.
- Add **broccoli**, ½ **tsp** (1 **tsp**) **garlic salt** and **1 tbsp** (2 **tbsp**) **oil** to the prepared sheet. Season with **pepper**, then toss to coat.

6



Finish and serve

- Fluff **rice** with a fork. Stir in **1 tbsp** (2 **tbsp**) **butter**, then season with **salt**.
- Divide **salmon**, **broccoli** and **rice** between plates.
- Serve with **remaining lemony mayo** on the side for dipping.

Measurements
within steps

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

2 | Prep

Swap | **Shrimp**

If you've opted for **shrimp**, combine **panko** and ½ **tbsp** (1 **tbsp**) **oil** in a large zip-top bag instead of a small bowl. Set aside to use in step 4.

4 | Prep salmon

×2 Double | **Salmon Fillets**

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

4 | Prep shrimp

Swap | **Shrimp**

Using a strainer, drain and rinse **shrimp**. Pat dry with paper towels. Add **shrimp**, **remaining garlic salt** and **reserved lemony mayo** (from step 2) to a medium bowl. Season with **pepper**, then toss to coat. Add **shrimp** to zip-top bag, then shake to coat completely. Shake off any excess **breadcrumbs**, then arrange **shrimp** in a single layer on the prepared baking sheet.

5 | Bake broccoli and shrimp

Swap | **Shrimp**

Bake **shrimp** in the **top** of the oven until cooked through, 8-12 min.**

** Cook salmon to a minimum internal temperature of 70°C/158°F and shrimp to a minimum internal temperature of 74°C/165°F, as size may vary.