

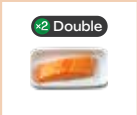


# Lemon-Kissed Sesame Salmon

## with Roasted Potatoes, Broccoli and Lemon Aioli

Date Night

30 Minutes



Salmon Fillets, skin-on  
500 g | 1000 g

Customized Protein

+ Add

Swap

or

x2 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)



Salmon Fillets, skin-on  
250 g | 500 g



Black Sesame Seeds  
7 g | 14 g



Sesame Seeds  
9 g | 18 g



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  
1/2 cup | 3/4 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.

Ingredient quantities 56 g | 113 g  
2-serving | 4-serving

Pantry items | Oil, pepper, salt

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.
- Remove any brown spots from **potatoes** and cut into ½-inch pieces.
- To an unlined baking sheet, add **potatoes** and **1 tbsp** (2 tbsp) **oil**. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven for 25-28 min, flipping halfway through, until golden.

2



## Prep

- **\*2 Double** | **Salmon Fillets, skin-on**
- 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

- **\*2 Double** | **Salmon Fillets, skin-on**
- To a shallow dish, add **panko** and **both types of sesame seeds**. Stir to combine.
- 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.
- On a parchment-lined baking sheet, arrange **salmon** skin-sides down.

4



## Roast salmon

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

5



## Cook broccoli

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

6



## Finish and serve

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

Measurements within steps **1 tbsp** (2 tbsp) **oil**  
2-serving 4-serving Ingredient

### For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

## 2 | Prep

**\*2 Double** | **Salmon Fillets, skin-on**

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

## 3 | Coat salmon

**\*2 Double** | **Salmon Fillets, skin-on**

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

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