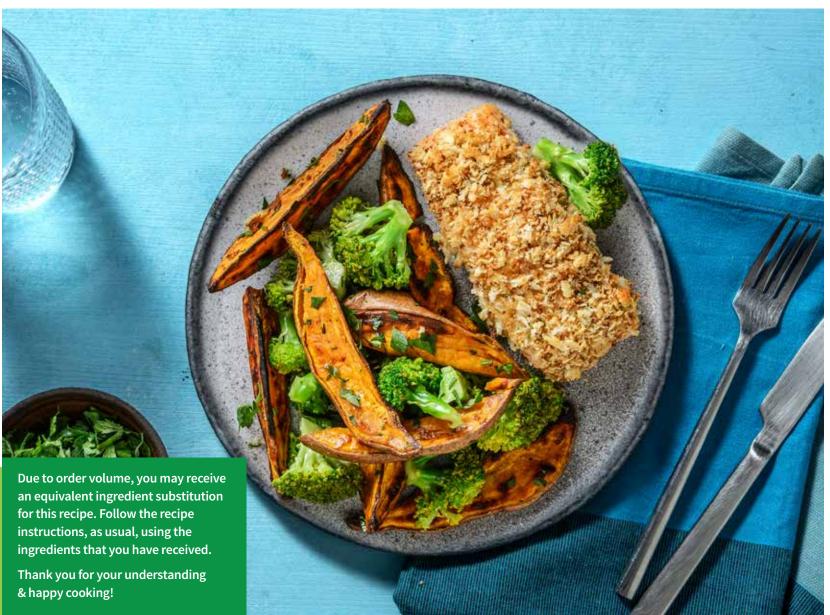


# **Baked Panko Crusted Salmon**

with Lemony Roasted Sweet Potatoes and Broccoli

Family

35 Minutes





Salmon Fillets,



Panko Breadcrumbs







Mayonnaise

**Sweet Potato** 



Broccoli, florets



Lemon-Pepper Seasoning

## Start here

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

#### **Bust Out**

2 Baking sheets, medium non-stick pan, measuring spoons, shallow dish, parchment paper, small bowl, paper towels, garlic press

## Ingredients

9		
	2 Person	4 Person
Salmon Fillets, skinless	285 g	570 g
Mayonnaise	2 tbsp	2 tbsp
Panko Breadcrumbs	1/4 cup	½ cup
Parsley	7 g	7 g
Sweet Potato	340 g	680 g
Garlic	3 g	6 g
Broccoli, florets	227 g	454 g
Lemon-Pepper Seasoning	½ tbsp	1 tbsp
Oil*		
Salt and Pepper*		

- \* Pantry items
- \*\* Cook to a minimum internal temperature of  $70^{\circ}\text{C}/158^{\circ}\text{F}$ , as size may vary.

#### **Allergens**

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

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



#### Prep

Cut **sweet potatoes** into ½-inch thick wedges. Cut the **broccoli** into bite-sized pieces. Peel, then mince or grate the **garlic**. Pat the **salmon** dry with paper towels. Season with **salt** and **pepper**.



## Roast veggies

Arrange the **sweet potatoes** and **broccoli** on a parchment-lined baking sheet. Toss with **1 tbsp oil** (dbl for 4ppl) and **half the lemon-pepper seasoning**. Season with **salt**. Roast in the **middle** of the oven, flipping halfway through cooking, until golden-brown and tender, 18-20 min.



## Make parsley mayo

While the **veggies** roast, finely chop the **parsley**. Stir together the **mayonnaise**, **garlic**, **half the parsley** and **remaining lemon-pepper seasoning** in a small bowl. Set aside.



#### Toast panko

Heat a medium non-stick pan over mediumhigh heat. Add **2 tsp oil** (dbl for 4 ppl), then the **panko**. Toast, stirring often, until goldenbrown, 2-3 min. Transfer to a shallow dish.



#### Coat and cook salmon

Coat only the **salmon tops** with the **parsley-mayo**. Working with **one piece of salmon** at a time, press the mayo-coated side into the **panko**. Set aside on another parchment-lined baking sheet. Roast in the **top** of the oven, until **salmon** is cooked through, 10-12 min.\*\*



#### Finish and serve

Toss the **roasted veggies** with the **remaining parsley**. Divide the **roasted veggies** and **panko-crusted salmon filets** between plates.

## **Dinner Solved!**

#### Contact

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