



Baked Panko Crusted Salmon

with Lemony Roasted Sweet Potatoes and Broccoli

Family 35 Minutes



Salmon Fillets, skinless



Mayonnaise



Panko Breadcrumbs



Parsley



Sweet Potato



Garlic



Broccoli, florets



Lemon-Pepper Seasoning

Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!

HELLO PANKO CRUST

Make a restaurant-worthy meal in your own kitchen!

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

	2 Person	4 Person
Salmon Fillets, skinless	285 g	570 g
Mayonnaise	2 tbsp	2 tbsp
Panko Breadcrumbs	¼ 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°C/158°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.

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1 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**.



2 Roast veggies

Arrange the **sweet potatoes** and **broccoli** on a parchment-lined baking sheet. Toss with **1 tbsp oil** (dbl for 4 ppl) 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.



3 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.



4 Toast panko

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



5 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.**



6 Finish and serve

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

Dinner Solved!