



# Cornmeal-Crusted Salmon

with Potato Rounds and Zucchini

Family Friendly 30 Minutes



Salmon Fillets, skin-on



Mayonnaise



Zucchini



Shallot



Garlic, cloves



Cornmeal



Dill-Garlic Spice Blend



Sour Cream



Parsley



Yellow Potato

## HELLO CORNMEAL

*Dried and ground maize (corn) makes for the perfect crispy coating!*

## Start here

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

## Bust out

Baking sheet, medium bowl, measuring spoons, aluminum foil, parchment paper, small bowl, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Salmon Fillets, skin-on	250 g	500 g
Cornmeal	¼ cup	½ cup
Mayonnaise	2 tbsp	4 tbsp
Dill-Garlic Spice Blend	1 tsp	2 tsp
Zucchini	200 g	400 g
Sour Cream	3 tbsp	6 tbsp
Shallot	50 g	100 g
Parsley	7 g	7 g
Garlic, cloves	3	6
Yellow Potato	350 g	700 g
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 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.*

## Contact

Call us | (855) 272-7002  
HelloFresh.ca

    @HelloFreshCA



## Roast potatoes

- Cut **potatoes** into ¼-inch rounds.
- Add **potatoes** and **1 tbsp oil** to a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 parchment-lined baking sheets, with 1 tbsp oil per 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, 23-25 min. (**NOTE:** For 4 ppl, roast in the middle and top of the oven, rotating sheets halfway through.)



## Cook zucchini

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **zucchini, garlic** and **shallots**. Cook, stirring occasionally, until **zucchini** is tender-crisp, 5-6 min. Season with **salt** and **pepper**, to taste.
- Transfer **zucchini mixture** to a plate, then cover with foil to keep warm.



## Prep

- Meanwhile, finely chop **parsley**.
- Cut **zucchini** in half lengthwise, then into ¼-inch half-moons.
- Peel, then mince or grate **garlic**.
- Peel, then thinly slice **shallot**.
- Pat **salmon** dry with paper towels.



## Cook salmon

- Add **1 tbsp oil** (dbl for 4 ppl) to the same pan over medium-high.
- When hot, add **salmon**, skin-side down.
- Cook until skin is crispy, 4-5 min.
- Flip and cook until **salmon** is cooked through, 3-4 min\*\*



## Coat salmon and mix dill mayo

- Combine **cornmeal**, **1 tsp salt** and **1 tsp pepper** (dbl both for 4 ppl) in a medium bowl.
- Brush **½ tbsp mayo** over **flesh sides of salmon**.
- Working with **one fillet** at a time, add **salmon** to the **cornmeal mixture**, then toss gently to coat, pressing to adhere. Set aside.
- Add **sour cream**, **half the parsley**, **Dill-Garlic Spice Blend** and **remaining mayo** to a small bowl. Season with **salt** and **pepper**, then stir to combine. Set aside.



## Finish and serve

- Divide **salmon, potatoes** and **zucchini** between plates.
- Sprinkle **remaining parsley** over **zucchini**.
- Serve **dill mayo** on the side for dipping.

## Dinner Solved!