



# Crispy Roasted Salmon and Broccoli

with Buttery Green Pea Rice and Lemony Mayo

20-min



Salmon Fillets



Garlic Salt



Panko Breadcrumbs



Mayonnaise



Broccoli, florets



Green Peas



Basmati Rice



Lemon

HELLO LEMON ZEST

*Punch up the flavour of mayo with a sprinkle of lemon zest!*

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Bring 1 ¼ cups water (dbl for 4 ppl) water to a boil in a covered medium pot.

## Bust Out

2 Baking sheets, medium bowl, measuring spoons, aluminum foil, small bowl, paper towels, medium pot, measuring cups

## Ingredients

|                   | 2 Person | 4 Person |
|-------------------|----------|----------|
| Salmon Fillets    | 285 g    | 570 g    |
| Garlic Salt       | ¾ tsp    | 1 ½ tsp  |
| Panko Breadcrumbs | ¼ cup    | ½ cup    |
| Mayonnaise        | 4 tbsp   | 8 tbsp   |
| Broccoli, florets | 227 g    | 454 g    |
| Green Peas        | 56 g     | 113 g    |
| Basmati Rice      | ¾ cup    | 1 ½ cup  |
| Lemon             | 1        | 1        |
| Unsalted Butter*  | 1 tbsp   | 2 tbsp   |
| Sugar*            | ½ tsp    | 1 tsp    |
| 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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## Cook rice

Add the **rice** to the **boiling water**. Reduce heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 12-14 min. When **rice** is done, remove from heat and add **green peas**. Cover and set aside.



## Prep

While **rice** cooks, zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut any **remaining lemon** into wedges. Stir together **mayo, lemon zest, ½ tsp lemon juice, ½ tsp sugar** and **¼ tsp garlic salt** (dbl all for 4 ppl) in a small bowl. Season with **pepper**. Reserve **1 tbsp lemony mayo** (dbl for 4 ppl) to coat **salmon** and set aside. Combine **breadcrumbs** with **½ tsp oil** (dbl for 4 ppl) in a medium bowl.



## Season broccoli

Toss **broccoli** with **½ tsp garlic salt** and **1 tsp oil** (dbl both for 4 ppl) on a foil-lined baking sheet. Season with **pepper**.



## Prep salmon

Pat **salmon** dry with paper towels. Season with **salt** and **pepper**. Arrange **salmon** on another foil-lined baking sheet. Divide the **reserved lemony mayo** over tops of **salmon**. Sprinkle **panko mixture** over top, pressing gently to adhere.



## Bake broccoli and salmon

Bake **broccoli** in the **middle** of the oven, until almost tender, 10-12 min. Bake **salmon** in the **top** of the oven, until cooked through, 10-12 min.\*\*Remove **salmon** from the oven and preheat broiler to **high**. (**NOTE:** Keep broccoli in the middle of the oven while broiler preheats.) Return **salmon** to the **top** of the oven and broil until **breadcrumbs** are golden, 1-2 min.



## Finish and serve

Fluff **rice** with a fork. Stir in **1 tsp butter** (dbl for 4 ppl) until melted and combined. Divide **salmon, broccoli** and **rice** between plates. Serve with **remaining lemony mayo** on the side for dipping.

## Dinner Solved!