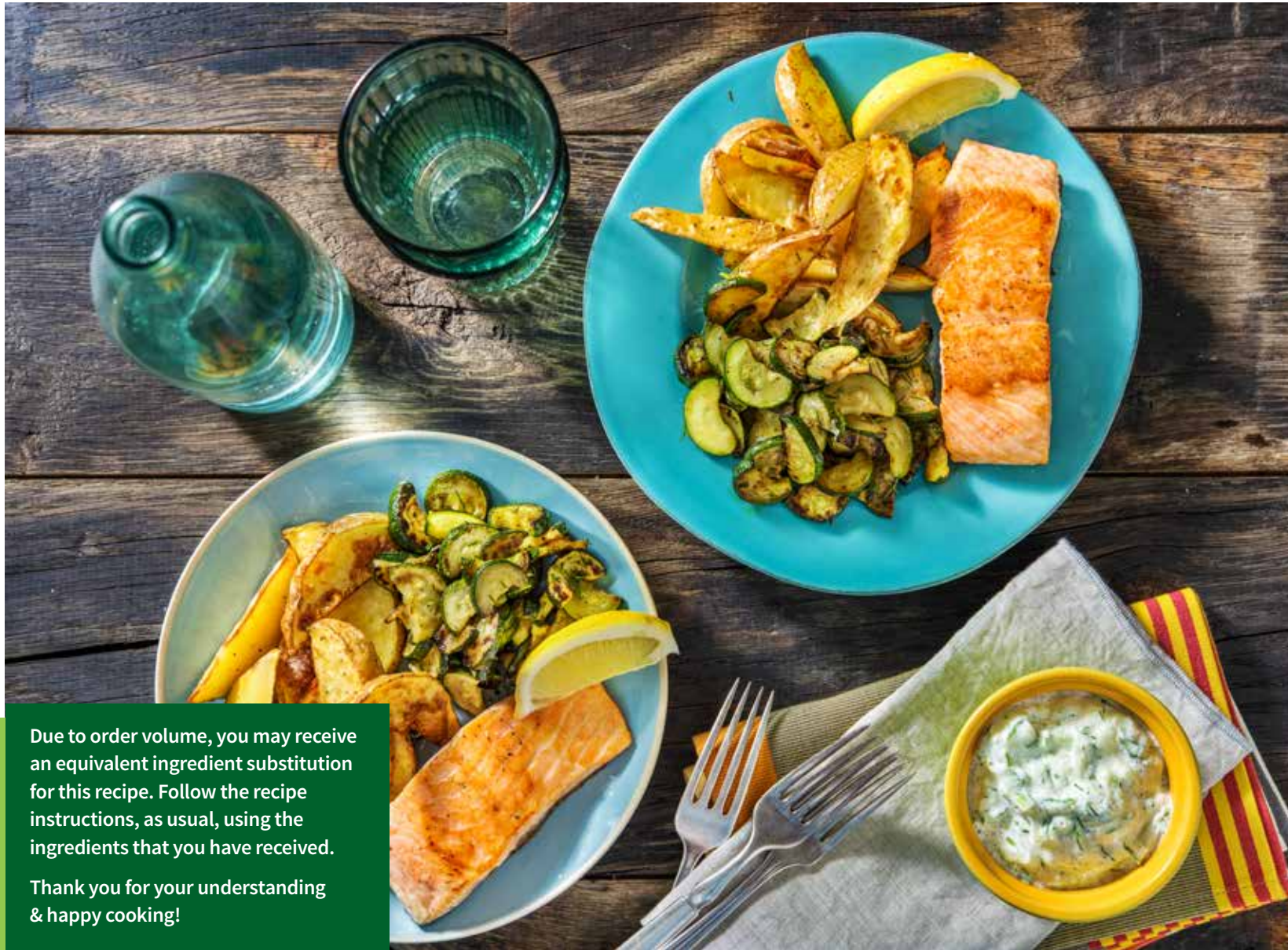




Pan-Seared Greek Salmon

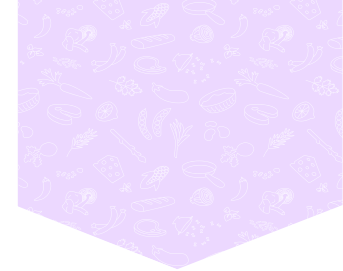
with Roasted Potatoes and Tzatziki

FAMILY 30 Minutes



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!



Salmon Fillets, skinless



Yellow Potato



Lemon-Pepper Seasoning



Garlic



Greek Yogurt



Zucchini



Dill



Mini Cucumber



Lemon

HELLO LEMON-PEPPER

This seasoning is commonly used in Greek cuisine and adds a citrusy flavour

START HERE

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust Out

Baking Sheet, Medium Bowl, Grater, Measuring Spoons, Zester, Parchment Paper, Large Non-Stick Pan, Paper Towels, Garlic Press

Ingredients

	2 Person	4 Person
Salmon Fillets, skinless	285 g	570 g
Yellow Potato	300 g	600 g
Lemon-Pepper Seasoning	1 tbsp	1 tbsp
Garlic	6 g	6 g
Greek Yogurt	100 g	100 g
Zucchini	200 g	400 g
Dill	7 g	7 g
Mini Cucumber	66 g	66 g
Lemon	1	1
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. ROAST POTATOES

Cut **potatoes** into ¼-inch thick wedges. Toss **potatoes** and **1 tbsp oil** (dbl for 4 ppl) on a parchment-lined baking sheet. Season with **salt** and **pepper**. Roast in the **middle** of the oven, flipping halfway through cooking, until golden-brown, 25-28 min.



4. PAN-FRY SALMON

When **zucchini** is tender, transfer to a plate and sprinkle with **remaining dill**. Cover to keep warm and set aside. Add **½ tbsp oil** (dbl for 4 ppl), then **salmon** to the same pan. Pan-fry, until golden-brown and cooked through, 2-3 min per side.**



2. PREP & MAKE SAUCE

While **potatoes** roast, cut **zucchini** into ½-inch thick half-moons. Coarsely grate the **cucumber**. Roughly chop **dill**. Zest and juice **half the lemon**. Cut **remaining lemon** into wedges. Peel, then mince or grate **garlic**. Stir together **yogurt, cucumber, half the lemon-pepper seasoning, lemon juice, half the dill** and **half the garlic** in a medium bowl. Set aside.



5. FINISH AND SERVE

Divide **roasted potatoes, zucchini** and **Greek salmon** between plates. Dollop with **tzatziki** and squeeze over a **lemon** wedge, if desired.



3. COOK VEGGIES & PREP SALMON

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **zucchini, lemon zest** and **remaining garlic**. Season with **salt** and **pepper**. Cook, stirring often, until tender, 4-5 min. While **zucchini** cooks, pat **salmon** dry with paper towels, then sprinkle over **remaining lemon-pepper seasoning**. Season with **salt**.

Dinner Solved!