



Pan-Seared Greek Salmon

with Roasted Potatoes and Tzatziki

Family Friendly

30 Minutes



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, box grater, measuring spoons, zester, parchment paper, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Salmon Fillets, skinless	285 g	570 g
Yellow Potato	360 g	720 g
Lemon-Pepper Seasoning	1 tbsp	1 tbsp
Garlic	6 g	12 g
Greek Yogurt	100 g	200 g
Zucchini	200 g	400 g
Dill	7 g	7 g
Mini Cucumber	66 g	132 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.

Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



Roast potatoes

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



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.**



Prep and make tzatziki

While **potatoes** roast, cut **zucchini** into ½-inch thick half-moons. Coarsely grate the **cucumber**. Roughly chop **dill**. Zest and juice **half the lemon** (whole lemon for 4 ppl). Cut any **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.



Finish and serve

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

Dinner Solved!



Cook veggies and 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 with **remaining Lemon-Pepper Seasoning**. Season with **salt**.