



# Pan-Seared Greek-Style Salmon

## with Roasted Potatoes and Tzatziki

Family Friendly

30 Minutes



Salmon Fillets, skin-on



Yellow Potato



Lemon-Pepper Seasoning



Tzatziki



Zucchini



Lemon



Dill-Garlic Spice Blend

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, measuring spoons, parchment paper, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Salmon Fillets, skin-on	250 g	500 g
Yellow Potato	360 g	720 g
Lemon-Pepper Seasoning	1 tbsp	1 tbsp
Tzatziki	113 ml	226 ml
Zucchini	400 g	800 g
Lemon	1	1
Dill-Garlic Spice Blend	1 tsp	2 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 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

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## Roast potatoes

Cut **potatoes** into ¼-inch wedges. Add **potatoes** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.) Season with **half the Dill-Garlic Spice Blend, salt and pepper**, then toss to coat. Roast in the **middle** of the oven, flipping halfway through, until golden-brown, 25-28 min. (**NOTE:** For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway through.)



## Pan-fry salmon

When **zucchini** is tender-crisp, transfer to a plate and cover to keep warm. Set aside. Add **½ tbsp oil** (dbl for 4 ppl) to the same pan, then **salmon**, skin-side down. Pan-fry until **skin** is crispy, 4-5 min. Flip and cook until salmon is cooked through, 3-4 min. **\*\*** Discard skin, if desired.



## Prep

While **potatoes** roast, halve **zucchini** lengthwise, then cut into ½-inch-thick half-moons. Zest **half the lemon** (whole lemon for 4 ppl). Cut **lemon** into wedges.



## Finish and serve

Divide **roasted potatoes, zucchini** and **salmon** between plates. Dollop with **tzatziki** and squeeze a **lemon wedge** over top, 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 Dill-Garlic Spice Blend**. Season with **salt and pepper**. Cook, stirring often, until tender-crisp, 4-5 min. While **zucchini** cooks, pat **salmon** dry with paper towels, then sprinkle with **½ tbsp Lemon-Pepper Seasoning**. Season with **salt**.