



# Panko-Topped Salmon Bake and Tarragon Cream

with Roasted Broccoli and Wild Rice Almond Pilaf

Family Feast 40 Minutes



Jumbo Salmon Fillet



Panko Breadcrumbs



Parmesan Cheese, shredded



Garlic Salt



Broccoli



Lemon



Sour Cream



Mayonnaise



Tarragon



Almonds, sliced



Wild Rice



Shallot

HELLO PANKO

*These Japanese-style breadcrumbs give an irresistibly light and airy crunch to baked toppings!*

## Start here

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

**Measurements within steps** **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

## Bust out

2 Baking sheets, medium bowl, medium non-stick pan, measuring spoons, zester, medium pot, parchment paper, 2 small bowls, measuring cups, sieve, whisk, paper towels

## Ingredients

	2 Person	4 Person
Jumbo Salmon Fillet	450 g	900 g
Panko Breadcrumbs	½ cup	1 cup
Parmesan Cheese, shredded	¼ cup	½ cup
Garlic Salt	2 tsp	4 tsp
Broccolini	340 g	680 g
Lemon	1	2
Sour Cream	3 tbsp	6 tbsp
Mayonnaise	4 tbsp	8 tbsp
Tarragon	7 g	14 g
Almonds, sliced	28 g	56 g
Wild Rice	1 cup	2 cups
Shallot	50 g	100 g
Sugar*	¼ tsp	½ tsp
Unsalted Butter*	5 tbsp	9 tbsp
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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### 1 Cook wild rice medley

- Heat a medium pot over medium heat.
- Meanwhile, peel, then cut **shallot** into ¼-inch pieces.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then **shallots** to the pot. Cook, stirring occasionally, until **shallots** soften slightly, 1-2 min. Season with **pepper**.
- Increase heat to high, then add **rice**, ½ **tsp** (1 **tsp**) **garlic salt** and **2 cups** (4 cups) **water**. Bring to a boil.
- When boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 22-24 min.
- Remove from heat. Set aside, still covered.



### 4 Roast broccolini

- Meanwhile, trim ends off **broccolini**, then cut **any larger stalks** in half lengthwise, leaving **thinner stalks** whole.
- Add **broccolini**, **remaining garlic salt** and **1 tbsp** (1 ½ **tbsp**) **oil** to an unlined baking sheet. Season with **pepper**, then toss to combine.
- Roast in the **middle** of the oven, flipping halfway through, until tender, 8-10 min. (**TIP:** Broccolini can burn quickly, so keep an eye on it!)



### 2 Prep, make tarragon cream and toast panko

- Meanwhile, heat a medium non-stick pan over medium heat.
- While the pan heats, strip **tarragon leaves** from stems, then finely chop.
- Zest, then juice **lemon**.
- Combine **sour cream**, **half the tarragon**, **3 tbsp** (6 **tbsp**) **mayo** and **1 tsp** (2 **tsp**) **lemon juice** to a small bowl. Season with **garlic salt** and **pepper**, to taste, then stir to combine.
- When hot, add **2 tbsp** (4 **tbsp**) **butter** to the pan, then swirl the pan until melted.
- Add **panko**. Toast, stirring often, until golden, 30 sec. Transfer **panko** to a medium bowl.
- Carefully wipe the pan clean.



### 5 Toast almonds and make brown-butter lemon sauce

- Meanwhile, heat the same pan (from step 2) over medium.
- When hot, add **almonds** and **2 tbsp** (3 **tbsp**) **butter** to the pan. Toast, stirring often, until golden, 3-4 min. (**TIP:** Keep your eye on almonds so they don't burn!)
- Drain **almonds** through a sieve with a small bowl beneath to catch **brown butter**.
- Add **1 tsp** (½ **tbsp**) **lemon juice** and ¼ **tsp** (½ **tsp**) **sugar** to the bowl with **brown butter**. Season with **salt** and **pepper**, to taste, then whisk to combine.



### 3 Prep and roast salmon

- Pat **salmon** dry with paper towels. Season with **pepper** and **1 tsp** (2 **tsp**) **garlic salt**, avoiding skin side of **salmon**.
- Add **Parmesan** and **half the lemon zest** to the bowl with **toasted panko**, then stir to combine.
- Transfer **salmon**, skin-side down, to a parchment-lined baking sheet.
- Spread **remaining mayo** over **salmon**.
- Top **salmon** with **panko mixture**, then gently press down to help **panko** stick to **salmon**.
- Roast in the **top** of the oven until **top** is golden-brown and **salmon** is cooked through, 14-16 min.\*\*



### 6 Finish and serve

- Transfer **half the almonds** to the pot with **wild rice**. Add **remaining tarragon** and **lemon zest**, then season with **salt** and **pepper**, to taste. Fluff **rice** with a fork to combine.
- Carefully remove salmon skin, if desired.
- Divide **wild rice pilaf**, **salmon** and **roasted broccolini** between plates.
- Drizzle **brown-butter lemon sauce** over **broccolini**, then sprinkle with **remaining almonds**.
- Serve **tarragon cream** alongside.

Dinner Solved!