



# Sesame-Crusted Salmon

with Roasted Potatoes, Broccoli and Lemon Aioli

30 Minutes



Salmon Fillets,  
skin-on



Black Sesame Seeds



Sesame Seeds



Broccoli, florets



Yellow Potato



Lemon



Garlic Puree



Mayonnaise



Panko Breadcrumbs

HELLO SESAME SEEDS

*These little seeds explode with flavour when toasted!*

## Start here

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

## Bust out

2 Baking sheets, measuring spoons, shallow dish, zester, parchment paper, small bowl, large non-stick pan, paper towels, measuring cups

## Ingredients

	2 Person	4 Person
Salmon Fillets, skin-on	250 g	500 g
Black Sesame Seeds	1 tbsp	2 tbsp
Sesame Seeds	1 tbsp	2 tbsp
Broccoli, florets	227 g	454 g
Yellow Potato	340 g	680 g
Lemon	1	2
Garlic Puree	1 tbsp	2 tbsp
Mayonnaise	4 tbsp	8 tbsp
Panko Breadcrumbs	¼ cup	½ cup
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 ½-inch pieces.
- Add **potatoes** and **1 tbsp oil** (dbl for 4 ppl) to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 25-28 min.

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## Roast salmon

- Roast in the **top** of the oven until **breadcrumbs** are golden and **salmon** is cooked through, 12-13 min. \*\*

2



## Prep

- Meanwhile, zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Pat **salmon** dry with paper towels, then season tops with **salt** and **pepper**.

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## Cook broccoli

- Cut **broccoli** into bite-sized pieces.
- Heat a large non-stick pan over medium-high heat. When hot, add **broccoli** and **¼ cup water** (dbl for 4 ppl). Cook, stirring occasionally, until **broccoli** is tender-crisp, 4-5 min.
- Add **1 tbsp oil** (dbl for 4 ppl) and **half the garlic puree**. Cook, stirring often, until **garlic** is fragrant, 1 min.
- Season with **salt** and **pepper**, to taste.

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## Coat salmon

- Stir together **panko** and **sesame seeds** in a shallow dish.
- Spread **½ tbsp mayo** over **flesh side** of **each piece of salmon**.
- Working with **one piece of salmon** at a time, press **flesh side** into **panko mixture** to coat completely.
- Arrange **salmon** on a parchment-lined baking sheet, skin-side down.

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## Finish and serve

- Add **1 tsp lemon zest** (dbl for 4 ppl), **lemon juice**, **remaining mayo** and **remaining garlic puree** to a small bowl. Season with **salt** and **pepper**, then stir to combine.
- Divide **salmon**, **potatoes** and **broccoli** between plates. Squeeze a **lemon wedge** over top, if desired.
- Serve **lemon aioli** on the side for dipping.

## Dinner Solved!