



Sesame-Crusted Salmon

with Roasted Potatoes, Broccoli and Lemon Aioli

30 Minutes



Salmon



Double Salmon



Black Sesame Seeds



Sesame Seeds



Broccoli, florets



Yellow Potato



Lemon



Garlic Puree



Mayonnaise



Panko Breadcrumbs

CUSTOM RECIPE

This is a Custom Recipe. If you chose to double the salmon, simply follow the instructions on the back of this card and you're set.
Happy cooking!

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

Ingredients

	2 Person	4 Person
Salmon	250 g	500 g
Double Salmon	500 g	1000 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.



Roast salmon

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



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**.

If you've opted for **double salmon**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **regular portion of salmon**.



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.



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 sides into **panko mixture** to coat completely.
- Arrange **salmon** on a parchment-lined baking sheet, skin-side down.



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!