



Golden Crumbed Salmon and Broccoli

with buttered rice and lemony mayo

Calorie Smart Quick Cook 20-25 mins • Optional spice • Eat me first

12



Salmon



Breadcrumbs



Mayo



Broccoli



Rice



Lemon



Mustard



Garlic



Chilli

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Baking sheet with baking paper, pot with lid, zester, grater

Ingredients

	2P	4P
Salmon	200 g	400 g
Breadcrumbs	1 pack	1 pack
Mayo	2 sachets	4 sachets
Broccoli	1 unit	1 unit
Rice	150 g	300 g
Lemon	1 unit	2 units
Mustard	1 sachet	2 sachets
Garlic	2 units	4 units
Chilli	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	388.5 g	100 g
Energy (kJ/kcal)	2770 kJ/ 662 kcal	713 kJ/ 170 kcal
Fat (g)	24 g	6.4 g
Sat. Fat (g)	3.5 g	0.9 g
Carbohydrate (g)	78.6 g	20.3 g
Sugars (g)	5.2 g	1.2 g
Protein (g)	33.2 g	8.9 g
Salt (g)	0.6 g	0.1 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

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Cook the Rice

- Preheat your oven to 220°C/200°C fan/gas mark 7. Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium and cover with the lid.
- Leave to cook for 10 mins, then remove the pot from the heat.
- Keep covered for 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Bread the Salmon

- Pat the **salmon** dry with kitchen paper then season with **salt** and **pepper**. **IMPORTANT:** Wash hands and equipment after handling raw fish.
- Arrange the fillets, skin-side down, on a separate lined baking tray or oven dish.
- Spread **half** the **mayo** over the tops of the **salmon fillets**.
- Spoon equal amounts of the **breadcrumb** mix onto each fillet. Press down firmly with the back of the spoon to ensure it sticks.



Make the Lemon Mayo

- While the **rice** cooks, zest and juice **half** the **lemon**. Cut the remaining **lemon** into thick wedges.
- In a small bowl, stir together the **mustard**, **mayo**, **lemon** zest and ½ tsp **lemon** juice (double for 4p).
- Season to taste with **sugar**, **salt** and **pepper**.
- In a separate bowl, combine **breadcrumbs** with ½ tbsp **oil** (double for 4p).



Roast Until Golden

- Place the **broccoli** on the middle shelf of the oven and roast until the edges are crispy and slightly charred, 10-15 mins.
- Bake the **salmon** on the top shelf of the oven until the **fish** is cooked through and the **breadcrumbs** are golden, 10-15 mins. **IMPORTANT:** Salmon is cooked when opaque in the middle.



Season the Broccoli

- Trim the tip of the **broccoli**. Cut head into small florets and stem into 2cm pieces.
- Peel and grate the **garlic** (or use a garlic press).
- Halve, deseed and finely chop the **chilli**.
- Pop the **broccoli** onto a lined baking tray.
- Drizzle with a glug of **oil**, toss together with the **salt**, **pepper**, **garlic** and **chilli**. Spread out in a single layer. Set the tray aside.



Finish and Serve

- Fluff up the **rice** with a fork and stir through 1 tbsp **butter** (double for 4p) until melted and well incorporated.
- Divide your **salmon**, **broccoli** and **rice** between plates.
- Serve with the remaining **mustard mayo** on the side for dipping.

Enjoy!