

Panko Crusted Salmon and Potato Wedges

with roasted cherry tomatoes and courgette

35 – 40 mins

16



Salmon



Mayo



Breadcrumbs



Potatoes



Garlic



Courgette



Lemon



Mustard



Cherry Tomatoes

Pantry Items: Oil, Sugar, Salt, Pepper



Rate your recipe!

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, grater, zester

Ingredients

	2P	4P
Salmon	200 g	400 g
Mayo	1 sachet	2 sachets
Breadcrumbs	1 pack	2 packs
Potatoes	600 g	1200 g
Garlic	2 units	4 units
Courgette	1 unit	2 units
Lemon	1 unit	2 units
Mustard	½ sachet	1 sachet
Cherry Tomatoes	125 g	250 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	663.8 g	100 g
Energy (kJ/kcal)	3062.7 kJ/ 732 kcal	461.4 kJ/ 110.3 kcal
Fat (g)	34.4 g	5.2 g
Sat. Fat (g)	6.2 g	0.9 g
Carbohydrate (g)	77.5 g	11.7 g
Sugars (g)	10.4 g	1.6 g
Protein (g)	31.1 g	4.7 g
Salt (g)	1 g	0.1 g

Nutrition for uncooked ingredients based on 2 person recipe.

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.

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1 Make the Wedges

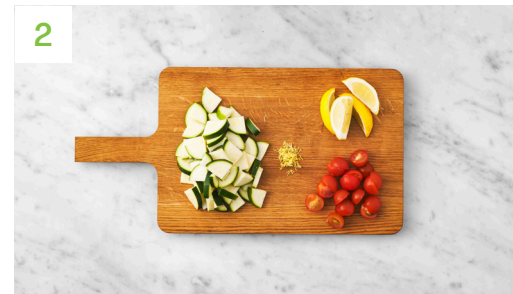
- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Chop the **potatoes** into 2cm wide wedges (peeling optional).
- Pop the wedges onto a large (lined) baking tray.
- Toss with **salt, pepper** and a drizzle of **oil**.
- Spread out in a single layer. Roast on the top shelf until golden, 25-35 mins. Turn the tray halfway through.

TIP: Use two baking trays if necessary.



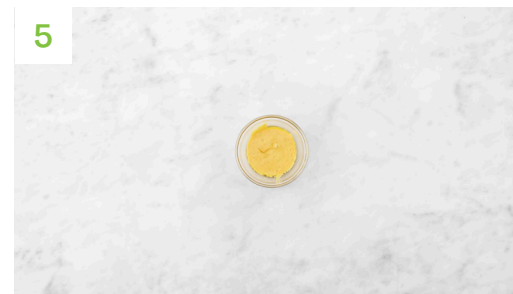
4 Cook the Salmon

- Place the tray on the middle shelf of the oven.
- Bake until the **fish** is cooked through and the **breadcrumbs** are golden, 15-20 mins. **IMPORTANT:** Salmon is cooked when opaque in the middle.



2 Prep the Veg

- Meanwhile, trim the **courgette** and quarter lengthways. Chop widthways into small pieces.
- Peel and grate the **garlic** (or use a garlic press).
- Halve the **cherry tomatoes**. Zest and quarter the **lemon**.
- Mix the **breadcrumbs** with 1 tbsp **oil** (per 2P).
- Pat the **salmon** dry with kitchen paper then season with **salt** and **pepper**. **IMPORTANT:** Wash hands and equipment after handling raw fish.



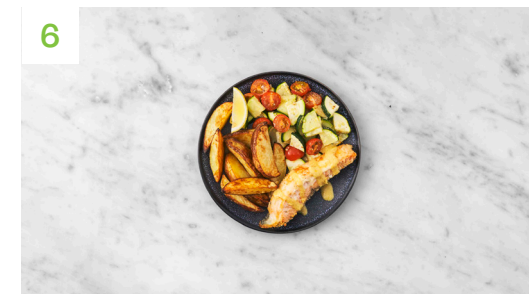
5 Finishing Touches

- Meanwhile, add 1 tbsp **oil** (per 2P), 1 tsp **sugar** (per 2P), the juice of two **lemon** wedges (per 2P), half a sachet of **mustard** (per 2P) and the **lemon** zest to a bowl.
- Mix well to make your drizzle.
- Season to taste with **salt** and **pepper**.



3 Coat the Salmon

- Add the **garlic, courgette** and **cherry tomatoes** to a separate lined baking tray. Toss with a drizzle of **oil, salt** and **pepper**.
- Place the **salmon**, skin-side down, alongside the veg and season with **salt** and **pepper**.
- Spread the **mayo** over the tops of the **salmon fillets**.
- Spoon the **breadcrumb** mix onto each fillet. Press down firmly with the back of the spoon to ensure it adheres.



6 Serve and Enjoy

- Share the crispy **potato** wedges between plates.
- Serve roast veg, crumbed **salmon** and remaining **lemon** wedges alongside.
- Finish with a drizzle of the **lemon mustard** sauce.

Enjoy!