



Crusted Salmon and Potato Salad with charred broccoli

20 – 25 mins

15



Salmon



Potatoes



Yoghurt



Paprika



Onion



Parsley



Mayo



Broccoli



Breadcrumbs

Pantry Items: Oil, Salt, Pepper, Water



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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, colander

Ingredients

	2P	4P
Salmon	200 g	400 g
Potatoes	600 g	1200 g
Yoghurt	75 g	150 g
Paprika	1 sachet	2 sachets
Onion	1 unit	2 units
Parsley	5 g	10 g
Mayo	2 sachets	4 sachets
Broccoli	1 unit	1 unit
Breadcrumbs	1 pack	1 pack

Nutrition

	Per serving	Per 100g
for uncooked ingredients	650 g	100 g
Energy (kJ/kcal)	2995.7 kJ/ 716 kcal	460.9 kJ/ 110.2 kcal
Fat (g)	32.5 g	5 g
Sat. Fat (g)	5.7 g	0.9 g
Carbohydrate (g)	79 g	12.2 g
Sugars (g)	10.7 g	1.6 g
Protein (g)	35.2 g	5.4 g
Salt (g)	1.2 g	0.2 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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Boil the Potatoes

- Preheat the oven to 220°C/200°C fan/gas mark 7.
- Boil a large pot of **salted water** for the **potatoes**.
- Cut the **potatoes** into 2cm chunks (no need to peel).
- When boiling, add the **potatoes** to the **water**, lower heat to medium and cook until fork tender (take care not to overcook), 10-15 mins.
- Drain in a colander and return to the pot, off the heat (keep uncovered to allow to cool).

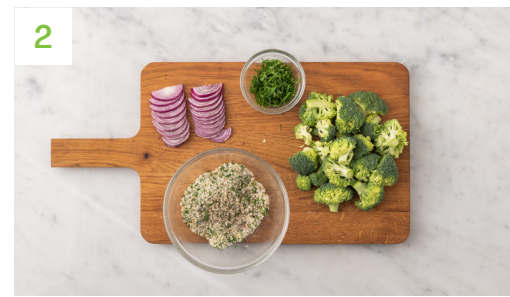
TIP: If you're in a hurry you can boil the water in your kettle.



Char the Broccoli

- Toss the **broccoli** with **salt, pepper** and a drizzle of **oil**.
- Spread out in a single layer around the **salmon**.
- Pop into the oven and roast until the **broccoli** is charred and the **salmon** is cooked through, 10-15 mins. **IMPORTANT:** Salmon is cooked when opaque in the middle.

TIP: Use two trays if necessary.



Get Prepped

- Meanwhile, finely chop the **parsley** (stalks and all) then pop **half** into a medium bowl.
- Add the **breadcrumbs** to the bowl and season with **salt and pepper**.
- Trim the tip of the **broccoli**. Cut head into small florets and stem into 2cm pieces.
- Halve, peel and thinly slice the **onion**. Halve any larger slices.



Make the Dressing

- Meanwhile, in a large bowl for the **potato** salad, mix together the **yoghurt, paprika, remaining parsley, remaining mayo** and 1 tbsp **oil** (per 2P).
- Season with a pinch of **salt and pepper**.
- Add the sliced **onion** and drained **potatoes** to the dressing and toss to coat.
- Season to taste with **salt and pepper**.



Bread the Salmon

- Lay the **salmon** onto a lined baking tray, skin-side down. **IMPORTANT:** Wash your hands and equipment after handling raw fish.
- Spread **half** the **mayo** over the top of the **fish**.
- Spoon on the **parsley breadcrumb** mixture. Use the back of your spoon to firmly press it down.
- Drizzle with a little **oil**.



Dish It Up

- Share spoonfuls of creamy **potato** salad between plates.
- Serve the charred **broccoli** alongside.
- Top with the **parsley crusted salmon**.

Enjoy!