



Sun Dried Tomato Baked Salmon

with apple salad and roasted veg

35 – 40 mins

16



Salmon



Carrot



Parsnip



Apple



Almonds



Sun Dried Tomato Paste



Mayo



Italian Herbs



Salad Leaves



Apple Cider Vinegar

Pantry Items: Salt, Oil, Pepper



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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

Ingredients

	2P	4P
Salmon	200 g	400 g
Carrot	1 unit	2 units
Parsnip	2 units	4 units
Apple	1 unit	2 units
Almonds	15 g	30 g
Sun Dried Tomato Paste	1 sachet	2 sachets
Mayo	2 sachets	4 sachets
Italian Herbs	1 sachet	2 sachets
Salad Leaves	120 g	240 g
Apple Cider Vinegar	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	502 g	100 g
Energy (kJ/kcal)	2594.1 kJ/ 620 kcal	516.7 kJ/ 123.5 kcal
Fat (g)	32.5 g	6.5 g
Sat. Fat (g)	4.4 g	0.9 g
Carbohydrate (g)	59.6 g	11.9 g
Sugars (g)	23.7 g	4.7 g
Protein (g)	26.3 g	5.2 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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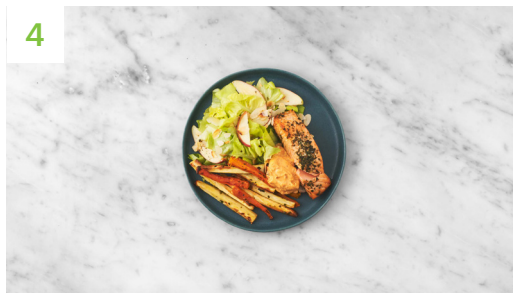


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Roast the Veg

- Preheat the oven to 240°C/220°C fan/gas mark 9.
- Trim the **carrot** and **parsnip**. Halve lengthways (no need to peel), then chop into roughly 1cm wide, 5cm long batons.
- Pop the **parsnip** and **carrot** onto a large (lined) baking tray.
- Toss with **half** the **Italian herbs**, **salt**, **pepper** and a drizzle of **oil**. Spread out in a single layer.
- Roast on the middle shelf of the oven until soft and golden, 20-25 mins. Turn the tray halfway through.



Dish Up

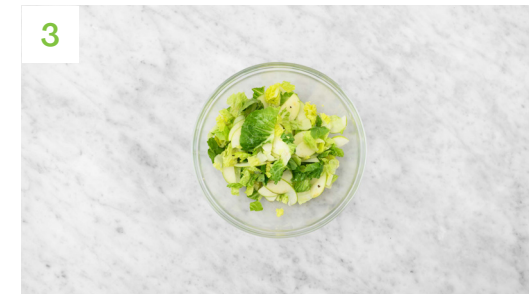
- Divide the roasted veg and **salmon** between plates.
- Top the **salmon** with **sun dried tomato mayo**.
- Serve the **apple** salad on the side.
- Scatter the **almonds** over the top.

Enjoy!



Bake the Salmon

- Lay the **salmon**, skin-side down, onto a separate lined baking tray.
- Season with **salt**, **pepper**, remaining **Italian herbs** and a drizzle of **oil**.
- Roast on the top shelf of the oven until cooked through, 10-15 mins. **IMPORTANT:** Wash hands and equipment after handling raw fish. Fish is cooked when opaque in the middle.
- When the **salmon** has cooked for 5 mins, place the **almonds** alongside.
- Return to the oven for the remaining cooking time, 6-8 mins.



Prep the Rest

- Meanwhile, mix the **sun dried tomato paste** with the **mayo** in a small bowl.
- Quarter and core the **apple**. Thinly slice lengthways.
- Trim the **salad leaves**, then chop or tear into bite-sized pieces.
- In a salad bowl, make a dressing by combining the **apple cider vinegar** and a drizzle of **oil**. Season to taste with **salt** and **pepper**.
- Just before serving, toss the **apples** and **salad leaves** through the dressing.