

HELLO Panko-Topped Salmon With Brossell Buttory Green Pos Pice

with Broccoli, Buttery Green Pea Rice and Lemony Mayo

20 Minutes





Customized Protein Add

(C) Swap

2 Double

If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and you're set. You can also refer to your customized recipe online, visit hellofresh.ca 🦫

Salmon Fillets, 500 g | 1000 g

285 g | 570 g





Salmon Fillets, skin-on

Garlic Salt 1 tsp | 2 tsp

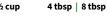
250 g | 500 g





Breadcrumbs ¼ cup | ½ cup

Mayonnaise





Broccoli



227 g | 454 g

Green Peas 56 g | 113 g

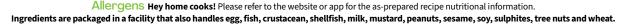


Basmati Rice



34 cup | 1 1/2 cups

1 | 1



Cooking utensils | Aluminum foil, 2 baking sheets, measuring cups, measuring spoons, medium pot, paper towels, 2 small bowls



Cook rice

- Before starting, preheat the oven to 450°F.
- · Wash and dry all produce.
- Bring 1 ¼ cups (2 ½ cups) water to a boil in a covered medium pot.
- Add rice and peas to the boiling water.
 Return to a boil, then reduce heat to low.
 Cook, still covered, until rice is tender and liquid is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.



Prep

(Swap | Shrimp

- Meanwhile, zest, then juice half the lemon (whole lemon for 4 ppl). Cut any remaining lemon into wedges.
- Add mayo, lemon zest, ½ tsp (1 tsp) lemon juice, ½ tsp (1 tsp) sugar and ¼ tsp (½ tsp) garlic salt in a small bowl. Season with pepper, then stir to combine. Reserve 1 tbsp (2 tbsp) lemony mayo. Set aside to use in step 4.
- Combine panko with ½ tbsp (1 tbsp) oil in another small bowl.



Season broccoli

- Line a baking sheet with foil.
- Add broccoli, ½ tsp (1 tsp) garlic salt and 1 tbsp (2 tbsp) oil to the prepared sheet.
 Season with pepper, then toss to coat.



Prep salmon

2 Double | Salmon Fillets

O Swap | Shrimp

- · Line another baking sheet with foil.
- Pat **salmon** dry with paper towels. Season with **remaining garlic salt** and **pepper**.
- Arrange salmon fillets on prepared sheet.
 Coat only the salmon tops with reserved lemony mayo (from step 2).
- Sprinkle panko mixture over top, then press gently to adhere.



Bake broccoli and salmon

🔘 Swap | Shrimp

- Roast broccoli in the middle of the oven until almost tender, 8-10 min.
- Bake salmon in the top of the oven until cooked through, 8-12 min.**



Finish and serve

- Fluff **rice** with a fork. Stir in **1 tbsp** (2 tbsp) **butter**, then season with **salt**.
- Divide **salmon**, **broccoli** and **rice** between plates.
- Serve with remaining lemony mayo on the side for dipping.

Measurements within steps 1 tbsp 2 person

tbsp (2 tbsp)

o) oil
n Ingredient

2 | Prep

O Swap | Shrimp

If you've opted for **shrimp**, combine **panko** and ½ **tbsp** (1 tbsp) **oil** in a large zip-top bag instead of a small bowl. Set aside to use in step 4.

4 | Prep salmon

2 Double | Salmon Fillets

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

4 | Prep shrimp

O Swap | Shrimp

Using a strainer, drain and rinse **shrimp**. Pat dry with paper towels. Add **shrimp**, **remaining garlic salt** and **reserved lemony mayo** (from step 2) to a medium bowl. Season with **pepper**, then toss to coat. Add **shrimp** to zip-top bag, then shake to coat completely. Shake off any excess **breading**, then arrange **shrimp** in a single layer on the prepared baking sheet.

5 | Bake broccoli and shrimp

🚫 Swap | Shrimp)

Bake **shrimp** in the **top** of the oven until cooked through, 8-12 min.**