



# Roasted BBQ Salmon Plate

## with Roasted Potatoes and Veggies

Family Friendly 25 - 35 Minutes

Customized Protein **+** Add **↻** Swap or **\*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](https://www.hellofresh.ca)



<b>↻</b> Swap	<b>*2</b> Double
Tilapia Fillets 300 g   600 g	Salmon Fillets, skin on 500 g   1000 g

Salmon Fillets, skin-on 250 g   500 g	BBQ Sauce 2 tbsp   4 tbsp

Yellow Potato 350 g   700 g	Corn Kernels 113 g   227 g

Zucchini 1   2	Sour Cream 1   2

Zesty Garlic Blend 1 tbsp   2 tbsp	Chives 7 g   14 g

**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

**Pantry items** | Butter, oil, salt, pepper

**Cooking utensils** | 2 baking sheets, large non-stick pan, measuring spoons, paper towels, parchment paper, small bowl

1



## Prep and roast potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Cut **potatoes** into ½-inch wedges.
- Add **potatoes**, **1 tbsp** (2 tbsp) **oil** and **half the Zesty Garlic Spice Blend** to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat. Roast in the **bottom** of the oven, flipping halfway through, until tender and golden-brown, 22-25 min.

2



## Cook salmon

🔄 Swap | Tilapia Fillets

✖2 Double | Salmon Fillets

- Meanwhile, pat **salmon** dry with paper towels. Season with **salt** and **pepper**.
- Arrange **salmon** on another parchment-lined baking sheet. Spread with **half the BBQ sauce** (use all for 4 ppl).
- Roast in the **middle** of the oven until cooked through, 8-12 min.\*\*

3



## Prep

- Meanwhile, quarter **zucchini** lengthwise, then cut into ½-inch quarter-moons.
- Thinly slice **chives**.

4



## Cook veggies

- Heat a large non-stick pan over medium heat. When hot, add **1 tbsp** (2 tbsp) **butter**, then **zucchini** and **corn**. Cook, stirring often, until tender-crisp, 4-5 min.
- Add **remaining Zesty Garlic Spice Blend**. Cook, stirring constantly, until fragrant, 30 sec.
- Season with **salt** and **pepper**.

5



## Make chive sour cream

- Add **sour cream** and **half the chives** to a small bowl. Season with **salt** and **pepper**, then stir combine.

6



## Finish and serve

- Divide **salmon**, **potatoes** and **veggies** between plates.
- Top **salmon** with **remaining chives**.
- Dollop **chive sour cream** over **potatoes**.

Measurements  
within steps

**1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

## 2 | Cook tilapia

🔄 Swap | Tilapia Fillets

If you've opted to get **tilapia**, season it in the same way the recipe instructs you to season the **salmon**. To cook **tilapia**, roast until cooked through, 8-10 min.\*\*

## 2 | Cook 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**. Work in batches, if necessary.

\*\* Cook to a minimum internal temperature of 70°C/158°F, as size may vary.