




# Pan-Seared Greek-Style Salmon

## with Roasted Potatoes and Yogurt Sauce






Family Friendly 25 - 35 Minutes

 Double	 Swap
	
Salmon Fillets, skin-on 500 g   1000 g	Tilapia 300 g   600 g

 Customized Protein  Add  Swap or  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) 



	
Salmon Fillets, skin-on 250 g   500 g	Yellow Potato 350 g   700 g
	
Lemon-Pepper Seasoning ½ tbsp   1 tbsp	Yogurt Sauce 3 tbsp   6 tbsp
	
Sugar Snap Peas 113 g   227 g	Lemon 1   1
	
Dill-Garlic Spice Blend ½ tsp   1 tsp	

**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** | Oil, salt, pepper

**Cooking utensils** | Baking sheet, large non-stick pan, measuring spoons, paper towels, parchment paper, zester

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### Roast potatoes

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

- Cut **potatoes** into ¼-inch wedges.
- Add **potatoes** and **1 tbsp oil** to a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.)
- Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until golden, 25-28 min. (**NOTE:** For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway through.)

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### Season salmon

Swap | Tilapia

- Meanwhile, pat **salmon** dry with paper towels.
- Season with **salt** and **½ tbsp** (1 tbsp) **Lemon-Pepper Seasoning**.

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### Prep

- Meanwhile, trim **snap peas**.
- Zest **half the lemon** (whole lemon for 4 ppl).
- Cut **remaining lemon** into wedges.

3



### Cook snap peas

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **snap peas**, **½ tbsp** (1 tbsp) **oil** and **2 tbsp** (¼ cup) **water**. Cook, stirring often, until **snap peas** are tender and water evaporates, 4-5 min.
- Season with **salt** and **pepper**, then toss with **lemon zest** and **½ tsp** (1 tsp) **Dill-Garlic Spice Blend**.

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### Pan-fry salmon

\*2 Double | Salmon Fillets, skin-on

- When **snap peas** are done, transfer to a plate, then cover to keep warm. Set aside.
- Add **½ tbsp** (1 tbsp) **oil** to the same pan, then **salmon**, skin-sides down.
- Pan-fry until **skin** is crispy, 4-5 min.
- Flip and cook until **salmon** is cooked through, 3-4 min.\*\*

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### Finish and serve

- Divide **roasted potatoes**, **snap peas** and **Greek-style salmon** between plates.
- Dollop with **yogurt sauce** and squeeze a **lemon wedge** over top, if desired.

Measurements  
within steps

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

### 4 | Season tilapia

Swap | Tilapia

If you've opted to get **tilapia**, season it in the same way the recipe instructs you to season the **salmon**. Once **snap peas** are cooked, add **½ tbsp** (1 tbsp) **oil** to the same pan, then **tilapia**. Cook until **tilapia** is opaque and cooked through, 3-4 min per side.\*\*

### 5 | Pan-fry salmon

\*2 Double | Salmon Fillets, skin-on

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

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