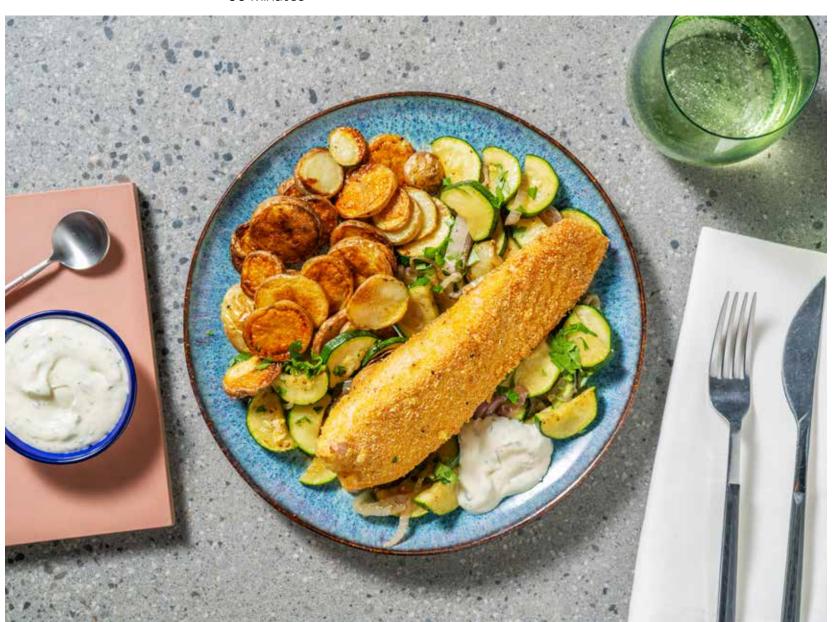


Cornmeal-Crusted Salmon

with Potato Rounds and Zucchini

30 Minutes





Salmon Fillets,





Mayonnaise



Dill-Garlic Spice Blend

Sour Cream

Parsley



Zucchini





Shallot



Garlic, cloves



Yellow Potato

Start here

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

Bust out

Baking sheet, measuring spoons, aluminum foil, small bowl, large non-stick pan, paper towels, medium bowl, silicone brush

Ingredients

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	2 Person	4 Person
Salmon Fillets, skin-on	250 g	500 g
Cornmeal	⅓ cup	½ cup
Mayonnaise	2 tbsp	4 tbsp
Dill-Garlic Spice Blend	1 tsp	2 tsp
Zucchini	400 g	800 g
Sour Cream	3 tbsp	6 tbsp
Shallot	50 g	100 g
Parsley	7 g	7 g
Garlic, cloves	3	6
Yellow Potato	360 g	720 g
Oil*		
Salt and Pepper*		

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

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.

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Roast potatoes

- Cut potatoes into 1/4-inch rounds.
- Add **potatoes** and **1 tbsp oil** to an unlined 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 tender and goldenbrown, 23-25 min. (NOTE: For 4 ppl, roast in the middle and top of the oven, rotating sheets halfway through.)



Prep

- Meanwhile, finely chop parsley.
- Cut **zucchini** in half lengthwise, then into ¼-inch half-moons.
- Peel, then mince or grate garlic.
- Peel, then thinly slice **shallot**.
- Pat salmon dry with paper towels.



Coat salmon and mix dill mayo

- Combine **cornmeal**, **1 tsp salt** and **1 tsp pepper** (dbl for 4 ppl) in a medium bowl.
- Brush ½ tbsp mayo over flesh sides of salmon.
- Working with **one fillet** at a time, add **salmon** to the **cornmeal mixture**, then toss gently to coat, pressing to adhere. Set aside.
- Add sour cream, half the parsley, Dill-Garlic Spice Blend and remaining mayo to a small bowl. Season with salt and pepper, then stir to combine. Set aside.



Cook zucchini

- Heat a large non-stick pan over mediumhigh heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **zucchini**, **garlic** and **shallots**. Cook, stirring occasionally, until **zucchini** is tender-crisp, 5-6 min. Season with **salt** and **pepper**, to taste.
- Transfer **zucchini mixture** to a plate, then cover with foil to keep warm.



Cook salmon

- Add 1 tbsp oil (dbl for 4 ppl) to the same pan over medium-high, then salmon, skinside down.
- Cook until **skin** is crispy, 4-5 min.
- Flip and cook until salmon is cooked through, 3-4 min**



Finish and serve

- Divide **salmon**, **potatoes** and **zucchini** between plates.
- Sprinkle remaining parsley over zucchini.
- Serve dill mayo on the side for dipping.

Dinner Solved!