

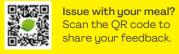
Panko-Topped Salmon Bake and Herb Cream

with Roasted Broccolini and Wild Rice Almond Pilaf



40 Minutes









Jumbo Salmon Fillet, skin-on

Panko Breadcrumbs





Parmesan Cheese, shredded

Garlic Salt





Broccolini

Lemon





Sour Cream

Mayonnaise





Tarragon

Almonds, sliced





Wild Rice

Shallot

HELLO PANKO

Start here

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

Measurements, 1 tbsp (2 tbsp) within steps

4 person

oil

Bust out

2 Baking sheets, medium bowl, medium non-stick pan, measuring spoons, zester, medium pot, parchment paper, small bowl, measuring cups, whisk, paper towels

Inaredients

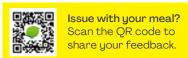
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	2 Person	4 Person
Jumbo Salmon Fillet, skin-on	450 g	900 g
Panko Breadcrumbs	½ cup	1 cup
Parmesan Cheese, shredded	⅓ cup	½ cup
Garlic Salt	2 tsp	4 tsp
Broccolini	340 g	680 g
Lemon	1	2
Sour Cream	3 tbsp	6 tbsp
Mayonnaise	4 tbsp	8 tbsp
Tarragon	7 g	14 g
Almonds, sliced	28 g	56 g
Wild Rice	1 cup	2 cup
Shallot	1	2
Unsalted Butter *	5 tbsp	9 tbsp
Sugar*	1/4 tsp	½ tsp
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, sov. sulphites, tree nuts and wheat.





Cook wild rice medley

- Heat a medium pot over medium heat.
- Meanwhile, peel, then cut shallot into 1/4-inch pieces.
- When hot, add 1 tbsp (2 tbsp) butter, then **shallots** to the pot. Cook, stirring occasionally, until **shallots** soften slightly, 1-2 min. Season with pepper.
- Increase heat to high, then add rice, 1/2 tsp (1 tsp) garlic salt and 2 cups (4 cups) water. Bring to a boil.
- · When boiling, reduce heat to low. Cover and cook until rice is tender and liquid is absorbed, 22-24 min.
- Remove from heat. Set aside, still covered.



Roast broccolini

- Meanwhile, trim ends off **broccolini**, then cut any larger stalks in half lengthwise, leaving thinner stalks whole.
- Add broccolini, remaining garlic salt and 1 tbsp (1 ½ tbsp) oil to an unlined baking sheet. Season with **pepper**, then toss to combine.
- · Roast in the middle of the oven, flipping halfway through, until tender, 8-10 min. (TIP: Broccolini can burn quickly, so keep an eye on it!)



Prep, make tarragon cream and toast panko

- · Meanwhile, heat a medium non-stick pan over medium heat.
- While the pan heats, strip tarragon leaves from stems, then finely chop.
- Zest, then juice lemon.
- Combine sour cream, half the tarragon, 3 tbsp (6 tbsp) mayo and 1 tsp (2 tsp) lemon juice to a small bowl. Season with garlic salt and **pepper**, to taste, then stir to combine.
- When hot, add 2 tbsp (4 tbsp) butter to the pan, then swirl the pan until melted.
- Add panko. Toast, stirring often, until golden, 30 sec. Transfer **panko** to a medium bowl.
- Carefully wipe the pan clean.



- Pat **salmon** dry with paper towels. Season with pepper and 1 tsp (2 tsp) garlic salt, avoiding skin side of salmon.
- Add Parmesan and half the lemon zest to the bowl with toasted panko, then stir to combine.
- Transfer **salmon**, skin-side down, to a parchment-lined baking sheet.
- Spread remaining mayo over salmon.
- Top salmon with panko mixture, then gently press down to help **panko** stick to **salmon**.
- Roast in the top of the oven until top is goldenbrown and **salmon** is cooked through, 14-16 min.**



Toast almonds and make brownbutter lemon sauce

- Meanwhile, heat the same pan (from step 2) over medium.
- When hot, add almonds and 2 tbsp (3 tbsp) **butter** to the pan. Toast, stirring often, until golden, 3-4 min. (TIP: Keep your eye on almonds so they don't burn!)
- Drain almonds through a sieve with a small bowl beneath to catch brown butter.
- Add 1 tsp (½ tbsp) lemon juice and ¼ tsp (½ tsp) sugar to the bowl with brown butter. Season with salt and pepper, to taste, then whisk to combine.



Finish and serve

- Transfer half the almonds to the pot with wild rice. Add remaining tarragon and lemon zest, then season with salt and pepper, to taste. Fluff **rice** with a fork to combine.
- Carefully remove salmon skin, if desired.
- Divide wild rice pilaf, salmon and roasted **broccolini** between plates.
- Drizzle brown-butter lemon sauce over **broccolini**, then sprinkle with **remaining** almonds.
- Serve tarragon cream alongside.

Dinner Solved!