



# Panko-Topped Salmon Bake and Herb Cream

with Roasted Broccolini and Wild Rice Almond Pilaf

Family Feast

40 Minutes



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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

*These Japanese-style breadcrumbs give an irresistibly light and airy crunch to baked toppings!*

## Start here

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

**Measurements within steps** **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

## 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

## Ingredients

	2 Person	4 Person
Jumbo Salmon Fillet, skin-on	450 g	900 g
Panko Breadcrumbs	½ cup	1 cup
Parmesan Cheese, shredded	¼ cup	½ cup
Garlic Salt	2 tsp	4 tsp
Broccoli	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*	¼ 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, soy, sulphites, tree nuts and wheat.*



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1



### Cook wild rice medley

- Heat a medium pot over medium heat.
- Meanwhile, peel, then cut **shallot** into ¼-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**, **½ 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.

4



### 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!)

2



### 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.

5



### Toast almonds and make brown-butter 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 tsp) **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.

3



### Prep and roast salmon

- 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 golden-brown and **salmon** is cooked through, 14-16 min.\*\*

6



### 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!