



Salmon Bites and Chunky Fries

with Dill Slaw

Family Friendly

30 Minutes



Salmon Fillets,
skin-on



Russet Potato



Italian Breadcrumbs



Mayonnaise



Coleslaw Cabbage
Mix



Dill



White Wine Vinegar



Old Bay Seasoning

HELLO FISH AND CHIPS

Make a better-for-you version of this pub classic in your own kitchen!

Start here

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

Bust out

Baking sheet, medium bowl, measuring spoons, shallow dish, large bowl, parchment paper, small bowl, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Salmon Fillets, skin-on	250 g	500 g
Russet Potato	460 g	920 g
Italian Breadcrumbs	½ cup	1 cup
Mayonnaise	4 tbsp	8 tbsp
Coleslaw Cabbage Mix	170 g	340 g
Dill	7 g	7 g
White Wine Vinegar	½ tbsp	1 tbsp
Old Bay Seasoning	3 tsp	6 tsp
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.

Contact

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Roast chunky fries

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



Cook salmon

Heat a large non-stick pan over medium heat. When hot, add **2 tbsp oil**, then **salmon**. (**NOTE:** For 4 ppl, cook in 2 batches, using 2 tbsp oil per batch.) Pan-fry, turning occasionally, until golden-brown all over and cooked through, 5-7 min.**



Prep

While **fries** roast, finely chop **dill**. Pat **salmon fillets** dry with paper towels and place skin-side down on a cutting board. Using a knife, carefully slide the blade between flesh and skin, parallel to the cutting board, to remove skin. Cut **each salmon fillet** into 3 pieces crosswise.



Make dill mayo and slaw

While **salmon** cooks, stir together **dill**, **½ tbsp vinegar**, **¼ tsp sugar** (dbl both for 4 ppl) and **remaining mayo** in a small bowl. Add **coleslaw cabbage mix** and **1 tbsp dill mayo** (dbl for 4 ppl) to a large bowl. Season with **salt** and **pepper**, then toss to coat.



Coat salmon

Combine **breadcrumbs** and **2 tsp Old Bay Seasoning** (dbl for 4 ppl) in a shallow dish. Add **salmon pieces** and **1 tbsp mayo** (dbl for 4 ppl) to a medium bowl, then toss to coat. Add **mayo-coated salmon pieces** to the **breadcrumb mixture**, then toss to coat all sides, pressing gently to adhere.



Finish and serve

Divide **salmon**, **chunky fries** and **dill slaw** between plates. Serve **remaining dill mayo** on the side for dipping.

Dinner Solved!