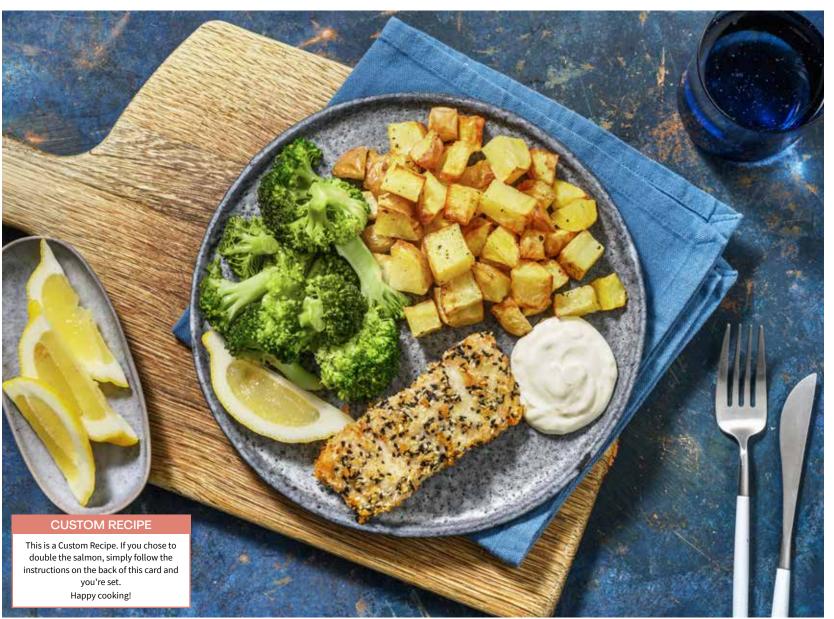


Sesame-Crusted Salmon

with Roasted Potatoes, Broccoli and Lemon Aioli

30 Minutes











Sesame Seeds

Black Sesame Seeds



Broccoli, florets



Yellow Potato



Lemon



Garlic Puree



Mayonnaise



Panko Breadcrumbs

Start here

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

Bust out

2 Baking sheets, measuring spoons, shallow dish, zester, parchment paper, small bowl, large non-stick pan, paper towels

Ingredients

9		
	2 Person	4 Person
Salmon	250 g	500 g
Double Salmon	500 g	1000 g
Black Sesame Seeds	1 tbsp	2 tbsp
Sesame Seeds	1 tbsp	2 tbsp
Broccoli, florets	227 g	454 g
Yellow Potato	340 g	680 g
Lemon	1	2
Garlic Puree	1 tbsp	2 tbsp
Mayonnaise	4 tbsp	8 tbsp
Panko Breadcrumbs	1/4 cup	½ cup
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 potatoes

- Cut **potatoes** into ½-inch pieces.
- Add **potatoes** and **1 tbsp oil** (dbl for 4 ppl) to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and goldenbrown, 25-28 min.



Prep

- Meanwhile, zest, then juice half the lemon.
 Cut remaining lemon into wedges.
- Pat **salmon** dry with paper towels, then season tops with **salt** and **pepper**.

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



Coat salmon

- Stir together **panko** and **sesame seeds** in a shallow dish.
- Spread ½ tbsp mayo over flesh side of each piece of salmon.
- Working with **one piece of salmon** at a time, press flesh sides into **panko mixture** to coat completely.
- Arrange **salmon** on a parchment-lined baking sheet, skin-side down.



Roast salmon

 Roast salmon in the top of the oven until breadcrumbs are golden and salmon is cooked through, 12-13 min.**



Cook broccoli

- Cut **broccoli** into bite-sized pieces.
- Heat a large non-stick pan over mediumhigh heat.
- When hot, add **broccoli** and ¼ **cup water** (dbl for 4 ppl). Cook, stirring occasionally, until **broccoli** is tender-crisp, 4-5 min.
- Add 1 tbsp oil (dbl for 4 ppl) and half the garlic puree. Cook, stirring often, until garlic is fragrant, 1 min.
- Season with salt and pepper, to taste.



Finish and serve

- Add 1 tsp lemon zest (dbl for 4 ppl), lemon juice, remaining mayo and remaining garlic puree to a small bowl. Season with salt and pepper, then stir to combine.
- Divide **salmon**, **potatoes** and **broccoli** between plates.
- Squeeze a **lemon wedge** over top, if desired.
- Serve **lemon aoili** on the side for dipping.

Dinner Solved!