



Parsley Crusted Salmon and Potato Salad

with tender charred broccoli

Calorie Smart Quick Cook 20-25 mins • Eat me first • Mum loves

12



Salmon



Potatoes



Yoghurt



Paprika



Onion



Parsley



Breadcrumbs



Mayo



Broccoli

Pantry Items: Oil, Salt, Pepper, Water

Before you start

Our fruit, veg and herbs need a wash before you use them!

Cooking tools you will need

Baking Sheet with Baking Paper, Colander

Ingredients

	2P	4P
Salmon	200 g	400 g
Potatoes	2 units	4 units
Yoghurt	75 g	150 g
Paprika	1 sachet	2 sachets
Onion	1 unit	2 units
Parsley	10 g	20 g
Breadcrumbs	1 pack	1 pack
Mayo	2 sachets	4 sachets
Broccoli	1 unit	1 unit

Nutrition

	Per serving	Per 100g
for uncooked ingredients	546 g	100 g
Energy (kJ/kcal)	2474.3 kJ/ 591.4 kcal	453.2 kJ/ 108.3 kcal
Fat (g)	24.9 g	4.6 g
Sat. Fat (g)	4.2 g	0.8 g
Carbohydrate (g)	57.4 g	10.5 g
Sugars (g)	9.6 g	1.8 g
Protein (g)	33.5 g	6.1 g
Salt (g)	0.9 g	0.2 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Thumbs up or thumbs down?
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rate this recipe.



You can recycle me!



Boil the Potatoes

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Boil a large pot of **salted water** for the **potatoes**.
- Cut the **potatoes** into 2cm chunks (no need to peel).
- When boiling, add the **potatoes** to the **water**, lower the heat to medium and cook until fork tender (take care not to overcook), 10-15 mins. Drain when done.

TIP: *If you're in a hurry you can boil the water in your kettle.*



Char the Broccoli

- Toss the **broccoli** in a drizzle of **oil** with a pinch of **salt** and **pepper**.
- Spread out in a single layer around the **salmon**.
- Pop into the oven and roast until the **broccoli** is charred and the **salmon** is cooked through, 10-15 mins. **IMPORTANT:** Salmon is cooked when opaque in the middle.

TIP: *You may need to use two trays for this step.*



Get Prepped

- Meanwhile, finely chop the **parsley** (stalks and all) then pop **half** into a medium bowl.
- Add the **breadcrumbs** to the bowl and season with **salt** and **pepper**.
- Cut the **broccoli** into florets (like small trees). Halve any large florets.
- Halve, peel and thinly slice the **onion**. Halve any larger slices.



Make the Dressing

- Meanwhile, in a large bowl for the **potato** salad, mix together the **yoghurt**, **paprika**, remaining **parsley**, remaining **mayo** and 1 tbsp **oil** (double for 4p).
- Season with a pinch of **salt** and **pepper**.
- Add the sliced **onion** and drained **potatoes** to the dressing and toss to coat.
- Season to taste with **salt** and **pepper**.



Bread the Salmon

- Lay the **salmon** onto a lined baking tray, skin-side down. **IMPORTANT:** Wash your hands and equipment after handling raw fish.
- Spread **half** the **mayo** over the top of the **fish**.
- Spoon on the **parsley breadcrumb** mixture. Use the back of your spoon to firmly press it down.
- Drizzle with **oil**.



Dish It Up

- Share spoonfuls of creamy **potato** salad between plates.
- Serve the charred **broccoli** alongside.
- Top with the **parsley** crusted **salmon**.

Enjoy!