



PARMESAN HERB-CRUSTED SALMON

with Garlic Mashed Potatoes, Asparagus & Creamy Mustard Sauce

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Potatoes*



¼ oz | ¼ oz
Parsley



6 oz | 12 oz
Asparagus



2 Cloves | 4 Cloves
Garlic



3 TBSP | 6 TBSP
Parmesan Cheese
Contains: Milk



¼ Cup | ½ Cup
Panko
Breadcrumbs
Contains: Wheat



10 oz | 20 oz
Salmon
Contains: Fish



4 tsp | 8 tsp
Dijon Mustard



4 oz | 8 oz
Cream Sauce
Base
Contains: Milk



5 tsp | 5 tsp
White Wine
Vinegar



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!

*The ingredient you received may be a different color.

HELLO

CREAM SAUCE

A rich mother sauce that makes the perfect base for a range of flavors



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 940



HELLO FRESH

OH, SNAP!

Trim asparagus in a snap—literally! Holding spears near the bottom ends, bend the tops with your other hand until the tough, woody parts break off.

BUST OUT

- Aluminum foil
- Baking sheet
- Medium pot
- Strainer
- Medium bowl
- Paper towels
- Potato masher
- Small pan
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Olive oil (1 TBSP | 2 TBSP)
- Sugar (1 tsp | 2 tsp)
- Butter (2 TBSP | 4 TBSP)

Contains: Milk



1 PREP & ROAST GARLIC

- Adjust rack to middle position (**middle and top positions for 4 servings**) and preheat oven to 450 degrees. **Wash and dry produce.**
- Dice **potatoes** into ½-inch pieces. Roughly chop **parsley**. Trim and discard bottom 1 inch from **asparagus**.
- Place **garlic cloves** in the center of a small piece of foil; drizzle with **oil** and season with **salt** and **pepper**. Cinch into a packet and place on a baking sheet. Roast on middle rack for 10 minutes (**you'll add more to the sheet then**).



2 COOK POTATOES & MAKE CRUST

- Meanwhile, place **potatoes** in a medium pot with enough **salted water to cover by 2 inches**. Bring to a boil and cook until tender, 15-20 minutes. Reserve **½ cup potato cooking liquid (¾ cup for 4 servings)**, then drain. Return potatoes to pot and cover to keep warm.
- While potatoes cook, combine **panko**, **parsley**, **half the Parmesan (you'll use the rest later)**, **1 TBSP olive oil (2 TBSP for 4)**, and a **pinch of salt and pepper** in a medium bowl.



3 PREP SALMON

- Pat **salmon*** dry with paper towels and season all over with **salt** and **pepper**. Place on a plate; drizzle skin sides with **oil**; rub to coat. Place, skin sides down, on plate.
- Evenly spread tops with a thin layer of **half a packet of mustard (whole packet for 4 servings)**. Mound tops with **panko mixture**, pressing firmly to adhere.



4 ROAST SALMON & ASPARAGUS

- Once garlic has roasted 10 minutes, remove sheet from oven. Carefully add **salmon** to one side of sheet. Toss **asparagus** on empty side with a **drizzle of oil, salt, and pepper**.
- Return to middle rack and roast until asparagus and garlic are tender, and salmon is golden brown and cooked through, 10-12 minutes. (**For 4 servings, toss asparagus on a second sheet; roast asparagus on middle rack and salmon on top rack.**)



5 MASH POTATOES

- To pot with **potatoes**, add **roasted garlic with its oil, half the cream sauce base, remaining Parmesan, and 1 TBSP butter (2 TBSP for 4 servings)**. Mash with a potato masher or fork until smooth and creamy, adding splashes of **reserved potato cooking liquid** as needed. Taste and season with **salt** and **pepper**.



6 MAKE SAUCE

- Heat a small pan over medium-high heat. Add **half the vinegar (save the rest for another use), remaining cream sauce base, remaining mustard, and 1 tsp sugar (2 tsp for 4 servings)**. Cook, stirring occasionally, until sauce begins to thicken, 2-4 minutes. Remove from heat and stir in **1 TBSP butter (2 TBSP for 4)**.
- Taste and season with **salt** and **pepper**.



7 SERVE

- Divide **salmon, asparagus, and mashed potatoes** between plates. Drizzle salmon with **creamy mustard sauce** and serve.

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*Salmon is fully cooked when internal temperature reaches 145°.