



## INGREDIENTS

2 PERSON | 4 PERSON



2 | 4  
Scallions



½ Cup | 1 Cup  
Jasmine Rice



½ oz | 1 oz  
Walnuts  
Contains: Tree Nuts



1 | 1  
Lemon



1 | 2  
Zucchini



1 Clove | 2 Cloves  
Garlic



¼ Cup | ½ Cup  
Panko  
Breadcrumbs  
Contains: Wheat



1 tsp | 2 tsp  
Dried Oregano



2 TBSP | 4 TBSP  
Yogurt  
Contains: Milk



1½ TBSP | 3 TBSP  
Sour Cream  
Contains: Milk



10 oz | 20 oz  
Salmon  
Contains: Fish



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



### HelloCustom

2 PERSON | 4 PERSON

If you chose to modify your meal, follow the  
**HelloCustom** instructions on the flip side of this card.



12 oz | 24 oz  
Cauliflower Rice

Calories: 670

## WALNUT-CRUSTED SALMON

with Garlicky Zucchini, Scallion Rice & Creamy Lemon Sauce



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 800





HELLO

## PANKO BREADCRUMBS

These Japanese-style breadcrumbs create an irresistibly crunchy topping.

### GO NUTS

Toasting walnuts in a hot pan awakens flavor, aroma, and crunch. Nuts can burn quickly, so keep a close eye on them and stir often for perfectly golden results.

### BUST OUT

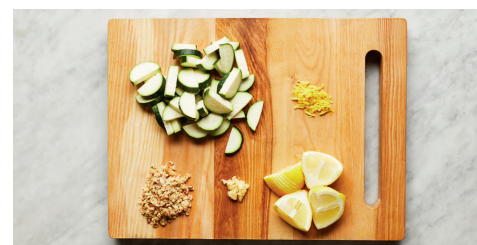
- Small pot
- Zester
- Large pan
- 2 Small bowls
- Paper towels
- Baking sheet
- Kosher salt
- Black pepper
- Olive oil (4 tsp | 4 tsp)
- Cooking oil (1 TBSP | 1 TBSP)



### 1 COOK RICE

- Adjust rack to top position and preheat oven to 450 degrees. **Wash and dry produce.**
- Trim and thinly slice **scallions**, separating whites from greens.
- Heat a **drizzle of olive oil** in a small pot over medium-high heat. Add **scallion whites** and cook until fragrant, 30 seconds. Stir in **rice**, **¾ cup water** (1½ cups for 4 servings), and a **pinch of salt**. Bring to a boil, then cover and reduce heat to low. Cook, covered, until rice is tender, 15-18 minutes. Keep covered off heat until ready to serve.

Once scallion whites are fragrant, add **cauliflower rice** (no need to drain), a **big pinch of salt**, and **pepper**. Cook, stirring occasionally, until tender, 6-8 minutes. (Save **jasmine rice** for another use.)



### 2 PREP

- While rice cooks, finely chop **walnuts** or crush in their bag with a heavy-bottomed pan or rolling pin. Zest and quarter **lemon**. Halve **zucchini** lengthwise; slice crosswise into ¼-inch-thick half-moons. Peel and mince or grate **garlic**.



### 3 MAKE COATING

- Heat a **large drizzle of olive oil** in a large pan over medium-high heat. Add **panko**, **walnuts**, and **half the oregano** (you'll use the rest later). Toast, stirring, until golden and fragrant, 2-3 minutes.
- Turn off heat; transfer **walnut mixture** to a small bowl. Season with **¼ tsp salt** (½ tsp for 4 servings) and **pepper**. Wipe out pan.



### 4 MIX SAUCE

- In a second small bowl, combine **yogurt**, **sour cream**, **half the lemon zest**, and a **squeeze of lemon juice** (use a big squeeze for 4 servings).
- Add **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt** and **pepper**.



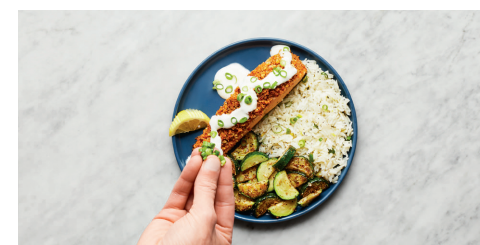
### 5 ROAST SALMON

- Pat **salmon\*** dry with paper towels; season all over with **salt** and **pepper**. Place, skin sides down, on a lightly **oiled** baking sheet. Top each piece of salmon with **1 tsp sauce**; spread to coat evenly. Mound tops with **walnut mixture**, pressing to adhere (no need to coat the undersides).
- Roast on top rack until salmon is opaque and cooked through, 8-10 minutes.



### 6 COOK ZUCCHINI

- While salmon roasts, heat a **large drizzle of oil** in pan used for walnuts over medium-high heat. Add **zucchini**; cook, stirring occasionally, until softened and lightly browned, 5-7 minutes (7-10 minutes for 4 servings).
- Add **garlic**, **remaining oregano**, a **big pinch of salt**, and **pepper**. Cook, stirring, until fragrant, 1-2 minutes more. Taste and season with **salt** and **pepper** if desired.



### 7 FINISH & SERVE

- Fluff **rice** with a fork; stir in **half the scallion greens**, **remaining lemon zest**, and a **drizzle of olive oil**. Season with **salt** and **pepper**.
- Divide **salmon**, **zucchini**, and rice between plates. Drizzle **sauce** over salmon and sprinkle with remaining scallion greens. Serve with **remaining lemon wedges** on the side.

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

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