

Greek Salmon with Roasted Vegetables and Lemon Feta

hellóchef

Keep it fresh and simple – Greek style!

Cals 681 • Prot 44 • Carbs 42 • Fat 41

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Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Salmon	2 ppl	3 ppl	4 ppl	
Skin-on salmon fillet 6*	350	525	700	Grams
Garlic cloves	1	2	2	Piece
Balsamic vinegar 14*	15	22	30	ML
Olive oil	2	3	4	Tbsp
Smoked paprika powder	2	2	4	Grams
Dried oregano	2	2	4	Grams
Chilli flakes	2	2	4	Grams
Salt	0.5	1	1	Tsp
Black pepper	0.5	0.5	0.5	Tsp
Vegetables				
Lemon	1	1	1	Piece
Red pepper	1	2	2	Piece
Small zucchini	2	3	4	Piece
Carrot	2	3	4	Piece
Red onion	1	2	2	Piece
Olive oil	2	3	4	Tbsp
Salt	1	1	2	Tsp
Black pepper	0.5	0.5	0.5	Tsp
Kalamata olives	40	60	80	Grams
Fresh basil	15	15	15	Grams
Whipped feta				
Feta cheese 4*	50	75	100	Grams
Sour cream 4*	60	90	120	Grams

Allergens

*6 Fish, *14 Sulphur Dioxide, *4 Milk

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2849 / 681
Fat (g)	40.8
of which saturates (g)	12
Carbohydrate (g)	42
of which sugars (g)	18.3
Fiber (g)	12
Protein (g)	44
Salt (g)	3.2

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Marinate salmon

Preheat the oven to 220°C/200°C fan. Portion the **salmon** and place on a plate, skin side down. Peel and mince the **garlic**. In a small bowl, combine the **garlic, balsamic vinegar, olive oil, smoked paprika, oregano, chilli flakes (spicy!)** and a pinch of **salt** and **pepper**. Spoon the mix onto the **salmon** and set aside.



2 Roast vegetables

Halve the **lemon**. Roughly chop the **peppers** and **zucchini**. Peel the **carrots** and cut them into coins. Peel the **onion** and slice it into wedges. Add the **lemon** halves (cut side up) onto an oven tray along with the **peppers, zucchini, carrot** and **onion**. Drizzle with **olive oil** and season with **salt** and **pepper**. Roast for 25 min (see pro tip!).

Tip! Make it a sheet pan dish, and add the salmon onto the tray with the vegetables for the final 10-15 min of the roasting time.



3 Prep feta

Meanwhile, crumble the **feta** into a bowl. Add the **sour cream**. Whisk until smooth. Set aside.



4 Add olives

Add the **kalamata olives** to the **vegetables** and roast for a final 5 min or until the **vegetables** are nicely browned.



5 Fry salmon

Heat a pan over a medium-high heat with a drizzle of **oil**. Once hot, add the marinated **salmon**, skin side down, to the pan. Fry for 5-6 min until the skin is slightly charred. Flip and fry for a final 2 min or until cooked through but juicy.



6 Serve

Using a sieve, squeeze some **lemon** juice from the roasted **lemon** into the **whipped feta** and stir to combine. Divide the **roasted vegetables** and **salmon** among plates. Serve with the **lemon feta**. Garnish with the **fresh basil** leaves.