



Cooking Made Easy

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Fried Salmon in Dill Sauce with Rocket New Potatoes

For your Quick Dish of the week we didn't need to make things complicated - the ingredients spoke for themselves. If you've never much liked eating the salmon skin give it a second chance as this cooking method makes it crispy and delicious!



25 min



level 2



seafood
first



healthy



gluten
free



Salmon Fillets



New Potatoes



Dill



Rocket



Lemon



Capers

Ingredients

	2P	4P
Salmon Fillet 1	2	4
New Potatoes, quartered	big handful	2 handfuls
Dill, chopped	½ tsp	1 tsp
Rocket	½ bunch	1 bunch
Lemon	⅓	½
Capers	1 tsp	2 tsp
Butter * 2	1 tbsp	2 tbsp

- ⊕ May feature in another recipe
- * Good to have at home

Allergens

1) Fish | **2)** Milk

Nutrition per serving: Calories: 382 kcal | Protein: 25 g | Carbs: 31 g | Fat: 18 g | Saturated Fat: 6 g



1 Boil a pot of water with ½ tsp of salt for the potatoes. Wash the potatoes and chop them into quarters. Put the potatoes in the boiling water for around 10-12 mins or until just soft enough to eat. Drain and keep to the side.

the juice of a ⅓ of the lemon and spoon the juices over the salmon, then remove it to a plate.



2 Meanwhile, chop 1 tbsp of fresh dill leaves and keep to the side. Season the salmon fillets on both sides with a pinch of salt and pepper and pre-heat your grill to high.

7 Add another couple of tsp of butter to the pan and cook until it foams and goes slightly brown (they call this ‘beurre noisette’, but you can call it foamy butter). Take the frying pan off the heat, scatter in the dill and the capers and season with a bit of salt and black pepper.



3 Pre-heat a frying pan on medium-high heat with 1 tbsp of olive oil. Once the pan is hot lay in the salmon skin side down. Leave it to cook for around 4 mins and resist the urge to move the fish, as it may stick to the pan.

8 Toss together the rocket and new potatoes with a pinch of salt and pepper . Grate over a bit of lemon zest for a burst of citrus flavour. Portion out the potatoes, place the salmon on top and pour over a bit of the dill and caper sauce.



4 Remove the pan from the heat and put under the grill for around 5 mins with the handle facing outwards.

5 After 5 mins take the pan from under the grill using a tea towel or oven glove to touch the hot handle. Place the pan back on the hob and add 1 tsp of butter (if you don’t have butter use olive oil instead).

6 Once the butter has melted and starts to foam squeeze in