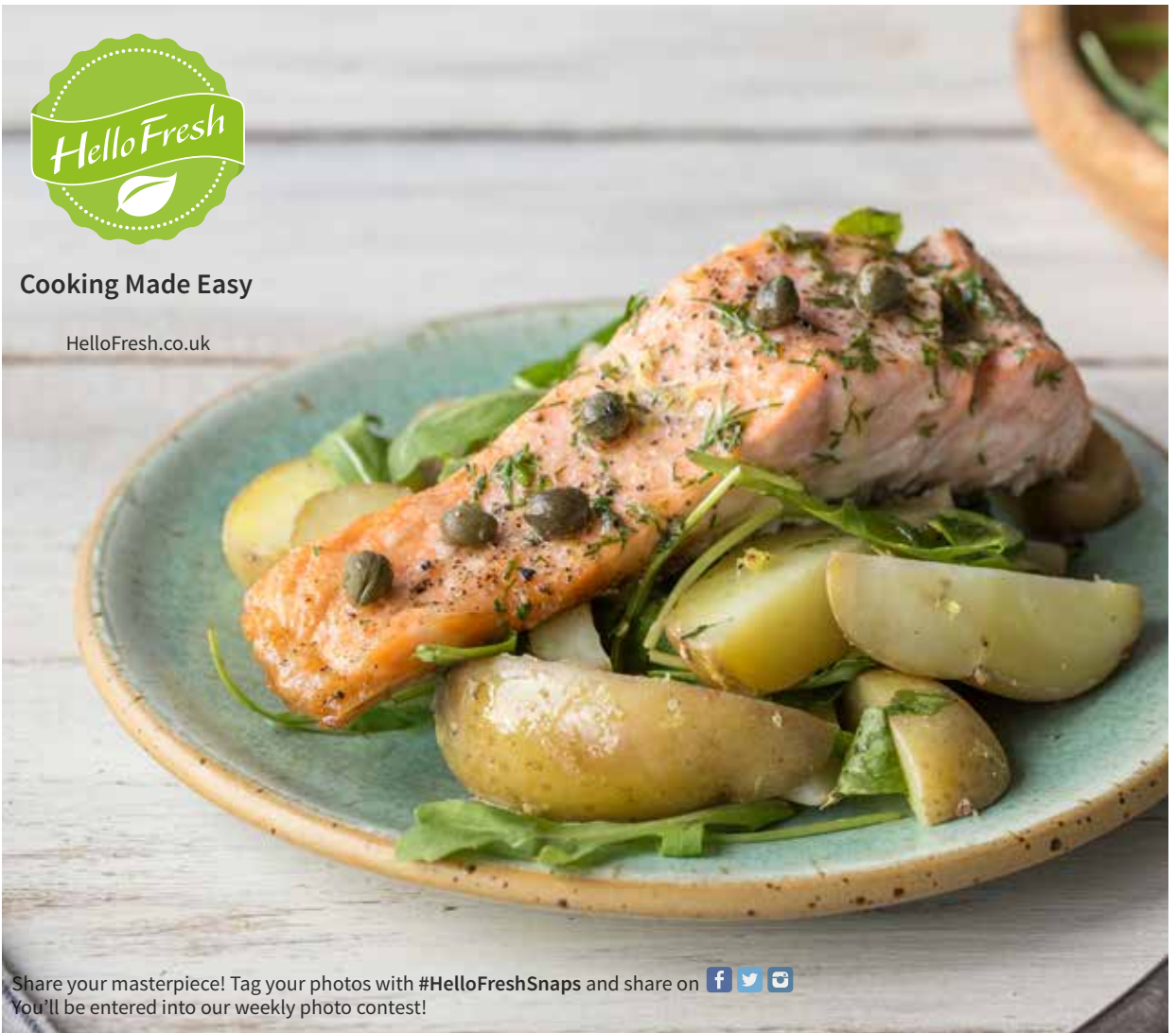




Cooking Made Easy

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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



family box



seafood first



healthy



gluten free



New Potatoes (2 handfuls)



Dill (1 tsp)



Salmon Fillet (4)



Netherend Butter (2 tbsp)



Lemon (1)



Capers (1/2 tbsp)



Rocket (1 bag)

Ingredients

	2P	4P
New Potatoes, quartered	-	2 packs
Dill, chopped	-	1 tbsp
Salmon Fillet 1	-	4
Rocket	-	1 bag
Netherend Butter 2	-	1½ tbsp
Lemon	-	1
Capers	-	½ tbsp

⊕ May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

LH Step for little hands

Allergens

1) Fish | 2) Milk

Nutrition per serving: Calories: 332 kcal | Protein: 36 g | Carbs: 32 g | Fat: 6 g | Saturated Fat: 1 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.



2 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.



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. **Tip:** Cook these two at a time to avoid overcrowding the pan to make sure you get a crispy skin.



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 tbsp of butter.

6 Once the butter has melted and starts to foam squeeze in the juice of the lemon and spoon the juices over the salmon before removing it to a plate.

7 Add another ½ tbsp 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.

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.