



Cooking Made Easy

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Pan-Fried Salmon with Dill Crème Fraîche and New Potatoes

World meet Ollie! Ollie is the lovely chap who finds us all our potatoes and given that his surname is Chipp* we can't help but think he is perfect for the job! Ollie treats all of his potatoes like his newborns and tells us that since it is the start of the season they have particularly delicate skins. His tip? Just be sure to keep them in the bottom of the fridge until you want to eat them and they'll be right as rain. Enjoy!



25 min



seafood first



gluten free



Dill



Garlic Clove



Echalion Shallot



New Potatoes



Crème Fraîche



Lemon




Salmon Fillet




Baby Spinach

Ingredients

	2P	4P
Dill, chopped	1½ tbsp	3 tbsp
Garlic Clove, diced	1	2
Echalion Shallot, diced	2 tbsp	3 tbsp
New Potatoes	2 cups	4 cups
Crème Fraîche 1	3 tbsp	5 tbsp
Lemon	¼	½
Salmon Fillet 2	2	4
Baby Spinach	3 handfuls	5 handfuls

 May feature in another recipe

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

Allergens

1) Milk | **2)** Fish

Nutrition per serving: Calories: 578 kcal | Protein: 40 g | Carbs: 40 g | Fat: 21 g | Saturated Fat: 14 g



1 Boil a large pot of water for your potatoes. Chop 1½ tbsp of dill. Peel and dice the garlic. Finally, dice the shallot really finely.



2 Cook the potatoes in the boiling water for around 10-15 mins or until you are able to easily slip a knife through them. At this point simply drain them and keep them to the side for later.

3 Mix 3 tbsp of crème fraîche together with the zest of the quarter lemon and 1 tsp of lemon juice. Mix in as much of the diced shallot as you like (but keep 1 tbsp for the spinach!), the chopped dill, a sprinkle of salt and a few grinds of pepper.



4 Pre-heat your grill to high and put ½ tbsp of oil in a non-stick pan on high heat. Season the salmon on both sides, place it skin side down in the pan and leave it for 4 mins. Next, put the pan under the grill on the top shelf (handle outwards, with the door open).



5 After 4-5 mins under the grill, the top of the fish will be cooked. Put the pan back on the hob on high heat for one minute (be

careful of the hot handle). Add a tsp of butter (if you have some) and spoon it over the fish as it melts. Squeeze over 2 tsp of lemon juice, then remove the fish to a plate for later.

6 Once your salmon is removed, put the pan back on the hob. Add 1 tbsp of chopped shallot and the garlic. After one minute, add in the spinach and toss the ingredients for just under a minute. You only want to warm the spinach through rather than wilt it.

7 To serve, sprinkle a little salt and pepper on your potatoes. Top your pan-fried salmon with your crème fraîche mixture, serve the spinach on the side and tuck in.