



Festive Herb Crusted Salmon

with Cheesy Smashed Potatoes and Cranberry Balsamic Sprouts

35

Salmon Special 40-45 Minutes • 2 of your 5 a day



-  Potatoes
-  Flat Leaf Parsley
-  Panko Breadcrumbs
-  Brussels Sprouts
-  Garlic Clove
-  Salmon Fillets
-  Mayonnaise
-  Grated Hard Italian Style Cheese
-  Dried Cranberries
-  Balsamic Glaze
-  Pine Nuts



Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, bowl, garlic press, baking paper, frying pan and lid.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Flat Leaf Parsley**	1 bunch	1½ bunches	2 bunches
Panko			
Breadcrumbs 13)	10g	15g	20g
Brussels Sprouts**	200g	300g	400g
Garlic Clove**	2	3	4
Salmon Fillets** 4)	2	3	4
Mayonnaise 8) 9)	64g	96g	128g
Grated Hard Italian Style Cheese** 7) 8)	20g	30g	40g
Dried Cranberries	30g	45g	60g
Balsamic Glaze 14)	12ml	18ml	24ml
Pine Nuts	15g	22g	30g
Pantry	2P	3P	4P
Salt for the Breadcrumbs*	¼ tsp	½ tsp	¾ tsp
Oil for the Breadcrumbs*	½ tbsp	¾ tbsp	1 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	515g	100g
Energy (kJ/kcal)	3137 /750	609 /146
Fat (g)	35.6	6.9
Sat. Fat (g)	6.5	1.3
Carbohydrate (g)	71.1	13.8
Sugars (g)	20.1	3.9
Protein (g)	34.3	6.7
Salt (g)	1.83	0.36

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

4) Fish **7)** Milk **8)** Egg **9)** Mustard **13)** Cereals containing gluten **14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Start the Potatoes

Preheat your oven to 240°C/220°C fan/gas mark 9.

Chop the **potatoes** into 3cm chunks (no need to peel). Pop onto a large baking tray.

Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf for 20 mins - you'll roast them for longer once you've crushed them.



Get Smashing

When the **potatoes** have cooked for 20 mins, remove them from the oven. Use the bottom of a bowl or pan to lightly crush each **potato**.

Drizzle the **smashed potatoes** with more **oil** and sprinkle over the **hard Italian style cheese**. Return to the middle shelf of your oven until crispy and golden, 10-15 mins.

Meanwhile, pop the **salmon** on the top shelf to bake until the **crumbs** are golden and the **salmon** is cooked through, 10-15 mins. **IMPORTANT:** The fish is cooked when opaque in the middle.



Oh Crumbs

Meanwhile, roughly chop the **parsley** (stalks and all).

In a small bowl, combine the **breadcrumbs**, **salt** and **oil for the breadcrumbs** (see pantry for both amounts) and **half** the **parsley**. Set the **herby crumb** aside.

Trim the **Brussels sprouts** and quarter through the root.

Peel and grate the **garlic** (or use a garlic press).



Bring on the Brussels

While everything bakes, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **sprouts** to the pan and season with **salt** and **pepper**. Stir-fry until starting to brown, 4-5 mins.

Stir in the **garlic**, then turn the heat down to medium and cook for 1 min more. Add the **cranberries** and a splash of **water** and immediately cover with a lid or some foil.

Allow to cook until the **sprouts** are tender, 4-5 mins, then remove from the heat. Stir through the **balsamic glaze** and **pine nuts**.



Prep your Salmon

Lay the **salmon fillets**, skin-side down, onto a large, lined baking tray and spread **half** the **mayonnaise** over the top of the **fillets**.

Top with the **herby crumbs**, pressing them down to ensure they stick. Set aside. **IMPORTANT:** Wash your hands and equipment after handling raw fish.



Serve Up

When everything's ready, share the **herb crusted salmon**, **smashed potatoes** and **cranberry sprouts** between your plates.

Sprinkle the remaining **parsley** over the **potatoes** and serve with the remaining **mayo** on the side.

Enjoy!

