



Creamy Lemon and Dill Salmon with Roast Potatoes and Garlicky Peas

Classic 35-40 Minutes • 1 of your 5 a day

6



Potatoes



Echalion Shallot



Dill



Garlic Clove



Lemon



Salmon Fillets



Vegetable Stock Paste



Creme Fraiche



Peas

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, garlic press, baking paper, saucepan and colander.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Echalion Shallot**	1	1	2
Dill**	1 bunch	1 bunch	1 bunch
Garlic Clove**	2	3	4
Lemon**	1	1½	2
Salmon Fillets** 4)	2	3	4
Vegetable Stock Paste	10g	15g	20g
Creme Fraiche** 7)	75g	120g	150g
Peas**	120g	180g	240g

Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	575g	100g
Energy (kJ/kcal)	2539 /607	442 /106
Fat (g)	29.3	5.1
Sat. Fat (g)	10.7	1.9
Carbohydrate (g)	60.8	10.6
Sugars (g)	12.3	2.1
Protein (g)	31.3	5.5
Salt (g)	1.31	0.23

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

Allergens

4) Fish 7) Milk

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, mollusc, 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. Be careful when adding water to hot pans while cooking.


HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

Contact

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Roast the Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 2cm chunks (no need to peel).

Pop the **chunks** 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 middle shelf until golden, 30-40 mins. Turn halfway through.



Make your Dill Sauce

While the **salmon** bakes, heat a drizzle of **oil** in a medium saucepan on medium-high heat. Once hot, add the **shallot** and cook until softened, 3-4 mins.

Add **half** the **garlic** and fry for 1 min more, then stir in the **vegetable stock paste**, **creme fraiche** and the **water for the sauce** (see pantry for amount).

Bring to the boil, then reduce the heat and simmer until thickened, 2-3 mins.

Stir in the **dill** and a good squeeze of **lemon**. Taste and season with **salt**, **pepper** and more **lemon juice** if needed.



Prep Time

Meanwhile, halve, peel and chop the **shallot** into small pieces.

Roughly chop the **dill** (stalks and all).

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

Quarter the **lemon** into wedges.



Peas Please

Meanwhile, bring a small saucepan of **water** to the boil with **¼ tsp salt** for the **peas**.

When boiling, add the **peas** to the **water** and cook for 2-3 mins.

Drain in a colander and return to the pan with a drizzle of **oil** on medium heat.

Stir in the remaining **garlic** and stir-fry for 1 min more. Season with **salt** and **pepper** and set aside.



Bake the Salmon

When the **potatoes** have 15 mins remaining, lay the **salmon fillets**, skin-side down, onto a lined baking tray. Season with **salt** and **pepper**.

Bake the **salmon** on the top shelf until cooked through, 10-15 mins. **IMPORTANT:** Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle.



Serve Up

When everything's ready, transfer the **salmon** to your plates and spoon over the **creamy lemon and dill sauce**.

Serve with the **roast potatoes**, **garlicky peas** and any remaining **lemon wedges** alongside for squeezing over.

Enjoy!