

Salmon in Creamy Cajun Sauce

with Roast Potatoes, Baby Leaf and Carrot Ribbon Salad

Classic 30-35 Minutes • **Very Hot** • 1 of your 5 a day



Potatoes



Cider Vinegar



Carrot



Garlic Clove



Salmon Fillets



Cajun Spice Mix



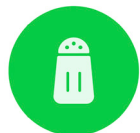
Creme Fraiche



Vegetable Stock Paste



Baby Leaf Mix



Salmon is a delicate and flavoursome fish, perfect for pairing with creamy sauces such as the Cajun sauce in this recipe. Punchy and smoky with a spicy kick, Cajun spice mix contains ingredients such as chilli powder, ground cumin, oregano and thyme.

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil, Honey

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Baking tray, bowl, peeler, garlic press, baking paper and saucepan.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Cider Vinegar 14)	15ml	22ml	30ml
Carrot**	1	2	2
Garlic Clove**	2	3	4
Salmon Fillets** 4)	2	3	4
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Crema Fraiche** 7)	75g	120g	150g
Vegetable Stock Paste	10g	15g	20g
Baby Leaf Mix**	50g	70g	100g
Pantry	2P	3P	4P
Sugar for the Dressing*	1 tsp	1½ tsp	2 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Honey*	1 tbsp	1½ tbsp	2 tbsp
Water for the Sauce*	75ml	115ml	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	512g	100g
Energy (kJ/kcal)	2688 /643	525 /125
Fat (g)	33.3	6.5
Sat. Fat (g)	11.2	2.2
Carbohydrate (g)	62.0	12.1
Sugars (g)	15.0	2.9
Protein (g)	28.1	5.5
Salt (g)	1.60	0.31

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

4) Fish 7) Milk 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, 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.


SOURCE OF 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 Cajun Sauce

While the **salmon** bakes, heat a drizzle of **oil** in a medium saucepan on medium-high heat.

Add the **garlic** and **Cajun spice mix**. Fry until fragrant, 1 min.

Stir in the **creme fraiche**, **vegetable stock paste**, **honey** and **water for the sauce** (see pantry for both amounts). Bring to the boil, then reduce the heat and simmer until thickened, 2-3 mins.



Prep Time

Meanwhile, in a medium bowl, mix together the **cider vinegar**, **sugar** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper**. Set aside for now.

Trim and peel the **carrot**. Use the peeler to peel long ribbons down the length of the **carrot**, stopping at the core.

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



Finishing Touches

Once the **sauce** has thickened, season with **salt** and **pepper**. Add a splash of **water** if it's a little too thick.

When everything's ready, toss the **baby leaves** and **carrot ribbons** through the **salad dressing**.



Bake the Salmon

Lay the **salmon fillets**, skin-side down, onto a lined baking tray. Season with **salt** and **pepper**.

When the **potatoes** are halfway through cooking, roast 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

Share the **salmon fillets** between your plates. Serve the **roasted potatoes** and **salad** alongside.

Spoon the **creamy Cajun sauce** over the **salmon** to finish.

Enjoy!