



Roasted Salmon and Chive Butter Sauce

with Smashed Potatoes, Garlicky Green Beans and Peas

Classic 35-40 Minutes • 2 of your 5 a day

6



Potatoes



Chives



Green Beans



Garlic Clove



Lemon



Salmon Fillets



Peas



Vegetable Stock Paste

Pantry Items

Oil, Salt, Pepper, Butter

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, bowl, frying pan and lid.

Ingredients

| Ingredients | 2P | 3P | 4P |
|-----------------------|-----------|-----------|-----------|
| Potatoes | 450g | 700g | 900g |
| Chives** | 1 bunch | 1 bunch | 1 bunch |
| Green Beans** | 150g | 230g | 300g |
| Garlic Clove** | 2 | 3 | 4 |
| Lemon** | 1 | 1½ | 2 |
| Salmon Fillets** (4) | 200g | 300g | 400g |
| Peas** | 120g | 180g | 240g |
| Vegetable Stock Paste | 10g | 15g | 20g |
| Pantry | 2P | 3P | 4P |
| Water for the Sauce* | 50ml | 75ml | 100ml |
| Butter for the Sauce* | 20g | 30g | 40g |

*Not Included **Store in the Fridge

Nutrition

| Typical Values for uncooked ingredient | Per serving | Per 100g |
|--|-------------------|------------------|
| Energy (kJ/kcal) | 562g 2412 /576 | 100g 429 /103 |
| Fat (g) | 26.0 | 4.6 |
| Sat. Fat (g) | 8.5 | 1.5 |
| Carbohydrate (g) | 57.6 | 10.3 |
| Sugars (g) | 10.3 | 1.8 |
| Protein (g) | 31.5 | 5.6 |
| Salt (g) | 1.47 | 0.26 |

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

Allergens

4) Fish

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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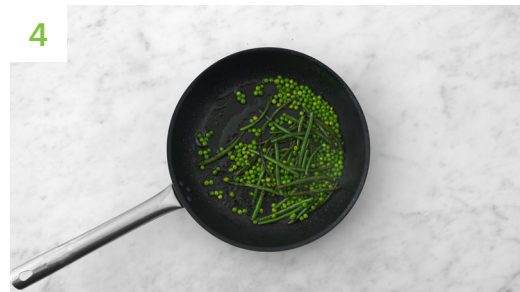
Start the Potatoes

Preheat your oven to 240°C/220°C fan/gas mark 9. Keep the **butter** (see pantry for amount) in the fridge.

Chop the **potatoes** into 3cm chunks (no need to peel). Pop them 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.



Bring on the Beans

Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat.

Once hot, add the **green beans** and stir-fry until starting to char, 2-3 mins.

Stir in **half** the **garlic**, then turn the heat down to medium and cook for 1 min.

Add a splash of **water** and immediately cover with a lid or some foil. Cook until the **beans** are tender, 4-5 mins. Add the **peas** for the last min of cooking and fry until piping hot, 1 min.

Transfer the **veg** to a bowl and cover to keep warm.



Prep your Salmon

Meanwhile, finely chop the **chives** (use scissors if easier). Trim the **green beans**.

Peel and grate the **garlic** (or use a garlic press). Cut **half** the **lemon** into slices.

Lay the **salmon fillets**, skin-side down, onto a lined baking tray. Season with **salt** and **pepper**, then lay **lemon slices** on top. **IMPORTANT:** Wash your hands and equipment after handling raw fish.



Emulsify your Sauce

Pop the pan back on medium heat with a drizzle of **oil**. Add the remaining **garlic** and stir-fry for 30 secs.

Stir in the **water for the sauce** (see pantry for amount) and **veg stock paste**. Bring to the boil and boil for 1 min.

Turn the heat down to low and whisk in the **cold butter** until melted and the **sauce** has thickened. Taste and season with **salt** and **pepper** if needed.



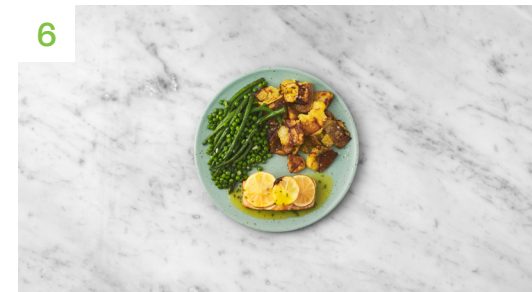
Get Smashing

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**, then return to the top shelf of your oven to roast until crispy and golden, 10-15 mins.

Roast the **salmon** on the middle shelf until cooked through, 10-15 mins. **IMPORTANT:** The salmon is cooked when opaque in the middle.



Serve

When everything's ready, share your **roasted salmon**, **smashed potatoes** and **garlicky green beans** and **peas** between your plates.

Stir the **chives** into the **butter sauce**, then spoon over the **fish** to finish.

Enjoy!