



GRILLED SALMON

with Dill Crushed Potatoes



HELLO DILL

This herb gets its name from the Norse word 'dilla', meaning to lull, because it is used to soothe babies.



White Potato



Baby Spinach



Dill



Salmon



Crème Fraiche

MEAL BAG

Total: 20 mins

Rapid recipe

Here's a recipe that proves that you don't need loads of time in the kitchen to create a showstopping dish. Though we warm the creamy dill sauce in the recipe, it is also delicious cold if you're really short of time. Simple, fresh and good for you, this is the perfect thing to rustle up for a quick-fix weeknight dinner.

GET **PREPARED!**

Preheat your grill to high.

Line a **baking tray** with foil.

BEFORE YOU START

🔥 **Preheat** your grill to high. 🧼 **Wash** the vegetable. 🍴 Line a **baking tray** with some **foil**. Make sure you've got two **saucepans**, a **colander** and a **baking tray**. Let's start cooking the **Grilled Salmon with Dill Crushed Potatoes**



1 COOK THE POTATOES

- Bring a large saucepan of water to the boil with a good pinch of **salt** for the **potatoes**.
- Chop the **potatoes** into 2cm chunks and add to the boiling water. Cook until you can easily slip a knife through them, 15-18 mins.
- Add the **spinach** to the **potatoes** for 1 minute to wilt. Drain and return to the pan off the heat.



2 CHOP THE DILL

- While the **potatoes** cook, roughly chop the **dill**.



3 GRILL THE SALMON

- Lay the **salmon** on a foil lined baking tray skin side down. Season with a pinch of **salt** and **pepper**, drizzle over some **oil**.
- Cook the **salmon** under the grill until cooked through, 12-14 mins.
- ★ **TIP:** The salmon is cooked when opaque all the way through.
- Remove from the grill and cover loosely with foil to rest.



4 MAKE THE SAUCE

- Put a small saucepan on low heat, add the **crème fraiche**, **dill** (reserve a little for later), a pinch of **salt** and **pepper**.
- Warm through until slightly runny - be careful not to overcook it!
- ★ **TIP:** We like this sauce warm, however you can also serve it cold if you like.



5 FINISH THE POTATOES

- Once the **potatoes** and **spinach** are cooked, return to the pan off the heat.
- Add a **third** of the **crème fraiche-dill mixture** and gently stir together. The **potatoes** will crush slightly.
- Season to taste with **salt** and **pepper**.



6 FINISH AND SERVE

- Gently reheat the **sauce** to warm through.
- Serve the **dill crushed potatoes** and **spinach** with the **salmon** on top and a generous drizzle of **sauce**.
- Finish with a sprinkling of the remaining **chopped dill**.

2 PEOPLE INGREDIENTS

White Potato, chopped	1 pack
Baby Spinach	1 small bag
Dill, chopped	1 bunch
Salmon 4)	2
Crème Fraiche 7)	1 small pot

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 461G	PER 100G
Kcal	607	132
KJ	2535	549
Fat	34	7
Sat Fat	14	3
Carbohydrates	46	10
Sugars	4	1
Protein	32	7
Salt	0.42	0.09

ALLERGENS

4) Fish 7) Milk

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between uses.

👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

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