








Herb Crusted Salmon Fillet with Cheesy Dauphinoise and Sugar Snap Peas

Premium 35 Minutes • 1 of your 5 a day

29



-  Potatoes
-  Garlic Clove
-  Chives
-  Panko Breadcrumbs
-  Salmon Fillet
-  Creme Fraiche
-  Vegetable Stock Paste
-  Grated Hard Italian Style Cheese
-  Tenderstem® Broccoli
-  Sugar Snap Peas

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Saucepan, Colander, Garlic Press, Bowl, Baking Tray, Baking Paper, Ovenproof Dish, Frying Pan and Lid.

Ingredients

| | 2P | 3P | 4P |
|--|---------|---------|---------|
| Potatoes** | 450g | 700g | 900g |
| Reserved Potato Water* | 75ml | 100ml | 150ml |
| Garlic Clove** | 1 | 2 | 2 |
| Chives** | 1 bunch | 1 bunch | 1 bunch |
| Panko Breadcrumbs 13) | 25g | 25g | 50g |
| Olive Oil for the Crumb* | 1½ tbsp | 2 tbsp | 3 tbsp |
| Salmon Fillet** 4) | 2 | 3 | 4 |
| Crème Fraîche** 7) | 150g | 225g | 300g |
| Vegetable Stock Paste 10) | 10g | 15g | 20g |
| Grated Hard Italian Style Cheese** 7) 8) | 50g | 50g | 100g |
| Tenderstem® Broccoli** | 80g | 150g | 150g |
| Sugar Snap Peas** | 80g | 80g | 150g |

*Not Included **Store in the Fridge

Nutrition

| for uncooked ingredient | Per serving | Per 100g |
|-------------------------|-------------------|------------------|
| Energy (kJ/kcal) | 534g 3694 /883 | 100g 692 /165 |
| Fat (g) | 53 | 10 |
| Sat. Fat (g) | 23 | 4 |
| Carbohydrate (g) | 57 | 11 |
| Sugars (g) | 7 | 1 |
| Protein (g) | 38 | 7 |
| Salt (g) | 1.69 | 0.32 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 7) Milk 8) Egg 10) Celery 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Get Started

Preheat your oven to 200°C. Bring a large saucepan of **water** to the boil with ½ **tsp salt**. Peel and slice the **potatoes** into 1cm thick slices. When boiling, add the **potato slices** to the **water** and simmer until just tender, 8-12 mins. **TIP: The potatoes are cooked when you can easily slip a knife through them.** Once cooked, reserve some of the **potato cooking water** (see ingredients for amount), then carefully drain in a colander.



Bake your Dauphinoise

Lay the **cooked potato slices** in layers in an appropriately sized ovenproof dish, then pour over the **creamy sauce**. Bang the dish carefully a couple of times on a hard surface to get any air bubbles out. Sprinkle the remaining **cheese** on top. Bake on the top shelf of your oven until golden brown and bubbly, 15-20 mins. **TIP: Put the dish on a baking tray to catch any drips.**



Finish the Prep

Meanwhile, peel and grate the **garlic** (or use a garlic press). Finely chop the **chives** (use scissors if easier). Pop the **breadcrumbs** into a bowl with the **olive oil for the crumb** (see ingredients for amount) and **half the chives**. Season with **salt and pepper** then mix together. Lay the **salmon fillets** onto a lined baking tray and spread **1 tsp of crème fraiche** on each **fillet**. Top with the **breadcrumbs**, pressing them down to ensure they stick. Set aside. **IMPORTANT: Wash your hands after handling raw fish.**



Bring on the Broccoli

When the **potatoes** have been in the oven for 5 mins, pop the **salmon** on the middle shelf to bake until the **crumbs** are golden and the **salmon** is cooked through, 10-15 mins. **IMPORTANT: The salmon is cooked when opaque in the middle.** While the **salmon** cooks, heat a drizzle of **oil** in a frying pan on medium-high heat. Halve any thick **broccoli stems** lengthways. Stir-fry for 2-3 mins, then add a splash of **water**. Pop a lid on the pan, or cover in foil, and cook until almost tender, a further 2-3 mins.



Make the Sauce

When the **potatoes** are cooked and drained, pop your (now empty) pan back on medium heat with a drizzle of **oil**. When hot, add the **garlic** and cook until fragrant, 30 secs. Then add the remaining **crème fraiche**, **veg stock paste**, **reserved potato water** and **half the hard Italian style cheese**. Mix together, bring to the boil, then remove from the heat. Season to taste with **salt and pepper**.



Finish and Serve

Once the **broccoli** is almost tender, add the **sugar snap peas** to the pan. Season with **salt and pepper**, then cover again and allow to cook until everything is tender, 2-3 mins. Remove the pan from the heat. Carefully transfer the **salmon** to plates and add a generous spoonful of **dauphinoise potato**. Finish with the **broccoli**, **sugar snaps** and a sprinkle of **chives**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.