



Herb Crusted Salmon Fillet

with Cheesy Dauphinoise and Sugar Snap Peas

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

29



Potatoes



Garlic Clove



Flat Leaf Parsley



Panko Breadcrumbs



Salmon Fillet



Creme Fraiche



Vegetable Stock Paste



Grated Hard Italian Style Cheese



Tenderstem® Broccoli



Sugar Snap Peas

Pantry Item
Olive Oil

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, colander, garlic press, baking paper, baking tray, ovenproof dish, frying pan, lid and aluminium foil.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Reserved Potato Water*	75ml	100ml	150ml
Garlic Clove**	1	2	2
Flat Leaf Parsley**	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)	40g	80g	80g
Tenderstem® Broccoli**	80g	150g	150g
Sugar Snap Peas**	80g	80g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	531g	100g
Energy (kJ/kcal)	3553 / 849	669 / 160
Fat (g)	50	9
Sat. Fat (g)	22	4
Carbohydrate (g)	56	10
Sugars (g)	7	1
Protein (g)	37	7
Salt (g)	1.60	0.30

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 7) Milk 8) Egg 10) Celery 13) Cereals containing gluten

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, milk, egg, mustard, celery, soya, 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.

Contact

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1



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.

2



Finish the Prep

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

3



Make the Creamy 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. Add the remaining **crème fraîche**, **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**.

4



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.*

5



Bring on the Broccoli

When the **dauphinoise** has baked for 5 mins, pop the **salmon** on the middle shelf to bake until the **crumbs** are golden and the **fish** is cooked through, 10-15 mins. **IMPORTANT:** *The salmon is cooked when opaque in the middle.* Meanwhile, 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.

6



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. When everything is ready, carefully transfer the **salmon** to your plates. Serve the **dauphinoise**, **broccoli** and **sugar snaps** alongside. Finish with a sprinkle of the remaining **parsley**.

Enjoy!