



# Herby Crusted Salmon

with Cheesy Dauphinoise, Purple Sprouting Broccoli and Sugar Snaps

Premium 35 Minutes

28



-  Potato
-  Garlic Clove
-  Chives
-  Panko Breadcrumbs
-  Salmon Fillet
-  Crème Fraîche
-  Vegetable Stock Powder
-  Grated Hard Italian Style Cheese
-  Purple Sprouting Broccoli
-  Sugar Snap Peas

## Before you start

### Cooking tools, you will need:

Saucepan, Cutting Board, Knife, Colander, Garlic Press, Bowl, Ovenproof Dish and Baking Tray.

## Ingredients

	2P	3P	4P
Potato**	450g	700g	900g
Garlic Clove	1	2	2
Chives**	1 bunch	1 bunch	1 bunch
Panko Breadcrumbs <b>13</b>	25g	25g	50g
*Olive Oil for the Crumb	1½ tbsp	2 tbsp	3 tbsp
Salmon Fillet <b>4</b> **	2 fillets	3 fillets	4 fillets
Crème Fraîche <b>7</b>	150g	225g	300g
Reserved Potato Cooking Water*	75ml	100ml	150ml
Vegetable Stock Powder <b>10</b>	1 sachet	2 sachets	2 sachets
Grated Hard Italian Style Cheese <b>7</b> <b>8</b> **	40g	60g	80g
Purple Sprouting Broccoli**	80g	150g	150g
Sugar Snap Peas**	80g	80g	150g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	528g	100g
Energy (kJ/kcal)	3118/745	591/141
Fat (g)	45	9
Sat. Fat (g)	18	3
Carbohydrate (g)	59	11
Sugars (g)	5	1
Protein (g)	39	7
Salt (g)	1.39	0.26

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 wide slices. Add them to your boiling **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 ingredient list for how much you need), then carefully drain in a colander.



## Bake

Lay the cooked **potato slices** in layers in an appropriately sized ovenproof dish, then pour over the **creamy mixture**. 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 you prefer). Pop the **breadcrumbs** in a bowl, add the **olive oil** (see ingredients for amount) and **half** the **chives**. Season with **salt** and **pepper**, mix together. Lay the **salmon fillets** on a baking tray lined with baking paper and spread 1 tsp of **crème fraîche** on each **fillet**. Top with the **breadcrumbs**, pressing them down to ensure they stick. Set aside.



## Fry 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** cooked through, 10-15 mins. **IMPORTANT:** *The salmon is cooked when opaque all the way through.* While the **salmon** cooks, get your washing up done, then heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **purple sprouting broccoli** and cook for 2-3 mins. Add a splash of **water** to the pan, cover with a lid or some tin foil and steam-fry until almost tender, 2-3 mins.



## Make the Sauce

When the **potatoes** are cooked and drained, pop your empty pan back on medium heat and add the remaining **crème fraîche**, the **reserved potato water**, **stock powder**, **garlic** and **half** the **hard Italian style cheese**. Stir to mix, bring to the boil then remove from the heat. Taste and season with **salt** and **pepper** if needed.



## Finish and Serve

Once the **broccoli** is almost tender, add the **sugar snap peas** to the pan, season with **salt** and **pepper**, cover with a lid again and allow to steam until the **sugar snaps** are tender, 2-3 mins more. Remove the pan from the heat. Carefully transfer the **salmon** to plates and add a generous spoonful of **dauphinoise potato**. Finish with the **purple sprouting broccoli**, **sugar snaps** and a sprinkling 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.