



# Herby Crusted Salmon

with Cheesy Dauphinoise, Sugar Snap Peas and Tenderstem

Premium 35 Minutes • 1 of your 5 a day

30



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, Bowl, Baking Tray, Baking Paper, Ovenproof Dish, Frying Pan with Lid.

## Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Water*	75ml	100ml	150ml
Garlic Clove	1	2	2
Chives**	1 bunch	1 bunch	1 bunch
Panko Breadcrumbs <b>13</b>	25g	25g	50g
Olive Oil*	1½ tbsps	2 tbsps	3 tbsps
Salmon Fillet** <b>4</b>	2	3	4
Crema Fraiche** <b>7</b>	150g	225g	300g
Vegetable Stock Paste <b>10</b>	10g	15g	20g
Grated Hard Italian Style Cheese** <b>7</b> <b>8</b>	40g	65g	80g
Tenderstem Broccoli**	80g	150g	150g
Sugar Snap Peas**	80g	80g	150g

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

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>529g</b>	<b>100g</b>
Energy (kJ/kcal)	3193 /763	604 /144
Fat (g)	46	9
Sat. Fat (g)	18	3
Carbohydrate (g)	58	11
Sugars (g)	6	1
Protein (g)	39	7
Salt (g)	1.66	0.31

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  $\frac{1}{2}$   **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 ingredients for amount), 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 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 you'd prefer). Pop the **breadcrumbs** into a bowl and 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 **crema 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.*



## Bake the Salmon

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 in the middle.* 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 **Tenderstem broccoli** and cook for 2-3 mins. Add a splash of **water** to the pan, cover with a lid or some 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 crema fraiche**, the **reserved potato water**, **stock paste**, **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 more mins. Remove the pan from the heat. Carefully transfer the **salmon** to plates and add a generous spoonful of **dauphinoise potato**. Finish with the **Tenderstem**, **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.