



Lemony Roasted Salmon and Garlicky Mash

with Creamy Mushroom and Dill Sauce

CLASSIC 35 Minutes

N° 4



Potatoes



Garlic Clove



Lemon



Shallot



Closed Cup
Mushrooms



Dill



Salmon Fillet



Vegetable
Stock Powder



Soured Cream

Before you start

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

Basic cooking tools, you will need:

Saucepan, Baking Tray, Frying Pan, Measuring Jug, Colander and Potato Masher.

Ingredients

	2P	3P	4P
Potatoes**	1 small pack	1 large pack	2 small packs
Garlic Clove**	1 clove	2 cloves	2 cloves
Lemon**	½	¾	1
Shallot**	1	1	2
Closed Cup Mushrooms**	1 small punnet	1 large punnet	2 small punnets
Dill**	1 bunch	1 bunch	1 bunch
Salmon Fillet 4)**	2	3	4
Water for the Sauce*	75ml	100ml	150ml
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Soured Cream 7)**	150g	225g	300g

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	543g	100g
Energy (kJ/kcal)	2295 /549	423 /101
Fat (g)	25	5
Sat. Fat (g)	11	2
Carbohydrate (g)	48	9
Sugars (g)	5	1
Protein (g)	30	5
Salt (g)	0.96	0.18

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 7) Milk 10) Celery

Wash your hands before and after handling ingredients.

Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Start the Potatoes

Preheat your oven to 200°C. Put a large saucepan of **water** with ½ tsp **salt** on to boil for the **potatoes**. Chop the **potatoes** into 2cm chunks (no need to peel). When boiling add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-20 mins. Meanwhile, peel the **garlic clove(s)** and pop into a square of foil with a drizzle of **oil** and scrunch to enclose it. Roast on a baking tray in your oven until soft, 10-12 mins. Then carefully remove and set aside.



4. Finish the Sauce

Add the **mushrooms** to the pan with the **shallot** and cook, stirring occasionally, until golden brown, 4-5 mins. Lower the heat, add the **water** (see ingredients for amount) with the **stock powder** and **half the soured cream**. Season with **salt** and **pepper**, bring to a simmer until reduced slightly, 3-4 mins. Remove from the heat.



2. Finish the Prep

Zest the **lemon** and cut into wedges. Halve, peel and chop the **shallot** into small pieces. Thinly slice the **mushrooms**. Roughly chop the **dill** (stalks and all).



5. Finish the Mash

Once the **potatoes** are cooked, drain in a colander and return to the pan off the heat. Add a knob of **butter** (if you have any) and the remaining **soured cream**. Mash until smooth and season with **salt** and **pepper**. Cover with a lid to keep warm. Remove the **garlic** from the foil and transfer to a chopping board. Mash with the back of a fork then stir through the **mash**.



3. Roast the Salmon!

Lay the **salmon fillets** (skin side down) onto a lightly oiled baking tray. Drizzle with **oil**, sprinkle over the **lemon zest** and season with **salt** and **pepper**. Pop the **salmon** on the top shelf of the oven and bake until cooked through, 12-15 mins. **IMPORTANT:** The fish is cooked when the centre is opaque. Meanwhile, heat a drizzle of **oil** in a medium frying pan over medium-high heat and once hot add the **shallot**. Cook, stirring, until softened, 2-3 mins.



6. Finish Up

Reheat the **mushroom sauce** and stir through the dill. **TIP:** Add a splash more water if it's a little thick. Reheat the **mash** if you need to. Divide the **salmon** between plates with the **mash** alongside and the **mushroom sauce** over everything. Serve the **lemon wedges** alongside for squeezing.

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.