

Lemony Roasted Salmon and Garlicky Mash



with Creamy Mushroom and Dill Sauce

CLASSIC 35 Minutes







Garlic Clove

Potatoes



Lemon



Shallot





Salmon Fillet



Vegetable Stock Powder



Soured Cream

Before you start

Our fruit, veggies and herbs need a wash before vou 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** | 1/2 | 3/4 | 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

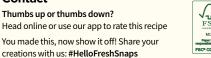
4) Fish 7) Milk 10) Celery

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.



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).



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.



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.



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.



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.