

Oven Baked Lemon Salmon and Caper Dill Salsa



with Beetroot, Feta Pea Shoots Salad and Crushed Potatoes

PREMIUM 30 Minutes • 1.5 of your 5 a day





Salad Potatoes









Salmon Fillet





Pea Shoots



Feta Cheese

Before you start

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

Basic cooking tools, you will need:

Saucepan, Colander, Baking Tray and Frying Pan. **Ingredients**

	2P	3P	4P
Salad Potatoes**	1 small pack	1 large pack	2 small packs
Lemon**	1/2	1	1
Dill**	1 bunch	1 bunch	2 bunches
Capers	1 small pot	1 large pot	1 large pot
Salmon Fillet 4) **	2	3	4
Beetroot**	1 pack	1 pack	2 packs
Olive Oil for the Salsa*	1½ tbsp	2 tbsp	3 tbsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Pea Shoots**	1 bag	2 bags	2 bags
Feta Cheese 7)**	1 block	1½ blocks	2 blocks

^{*}Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	520g	100g
Energy (kJ/kcal)	2552/610	491/117
Fat (g)	34	7
Sat. Fat (g)	13	3
Carbohydrate (g)	41	8
Sugars (g)	13	3
Protein (g)	35	7
Salt (g)	1.54	0.30

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

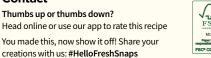
4) Fish 7) Milk

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. Get Prepped

Preheat your oven to 200°C. Bring a large saucepan of water to the boil with 1/2 tsp of salt for the potatoes. Halve the salad potatoes (or quarter any larger ones). Zest and halve the **lemon**. Finely chop the dill (stalks and all). Roughly chop the capers.



2. Cook the Potatoes

Add the **potatoes** to the boiling water and cook until just tender, 12-15 mins, then drain well in a colander and set aside. While the potatoes cook, pop the salmon fillets on a baking tray lined with baking paper. Drizzle with oil, season with salt and pepper and sprinkle the lemon zest over the **fish**, set aside. **IMPORTANT:** Wash your hands after handling raw fish. Chop each beetroot into 6 segments.



3. Make the Salsa and Dressing

Meanwhile, pop the capers and dill in a small bowl and add the olive oil (see ingredients list for amount). Squeeze in half the lemon juice and season with **pepper**. Stir together and set aside. Squeeze the rest of the **lemon juice** into a larger bowl and add the olive oil (see ingredients for amount). Add a pinch of sugar and season with salt and pepper. Stir and set aside.



4. Cook the Salmon

Once the **potatoes** are cooked and drained, roast the **salmon** on the top shelf of your oven until cooked, 10-12 mins. IMPORTANT: The salmon is cooked when opaque all the way through.



5. Fry the Potatoes

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium high heat. Add the potatoes to the pan and crush them lightly with a fork. Fry, turning occasionally, until golden, 8-10 mins. Once cooked, remove from the heat. Add the **beetroot** and **pea** shoots to the salad dressing. Crumble in the Feta and toss to coat.



6. Finish and Serve

Serve the salmon with the potatoes and beetroot salad alongside. Spoon the dill and caper salsa on top of the **salmon**.

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.