



Oven-Baked Lemon Salmon & Caper Dill Salsa with Smashed Potatoes and Beetroot & Pea Shoot Salad

30

Premium 35-40 Minutes • 1 of your 5 a day



Salad Potatoes



Lemon



Dill



Capers



Salmon Fillet



Cooked Beetroot



Pea Shoots



Greek Style Salad Cheese

Pantry Items
Oil, Salt, Pepper, Olive Oil

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Fine grater, baking tray, baking paper and bowl.

Ingredients

Ingredients	2P	3P	4P
Salad Potatoes**	350g	500g	700g
Lemon**	½	1	1
Dill**	1 bunch	1 bunch	2 bunches
Capers**	15g	30g	30g
Salmon Fillet** 4)	2	3	4
Cooked Beetroot**	250g	250g	500g
Pea Shoots**	40g	80g	80g
Greek Style Salad Cheese** 7)	100g	150g	200g

Pantry	2P	3P	4P
Olive Oil for the Salsa*	1½ tbsp	2 tbsp	3 tbsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2130 /509	459 /110
Fat (g)	28.3	6.1
Sat. Fat (g)	9.9	2.4
Carbohydrate (g)	37.6	8.1
Sugars (g)	12.7	2.7
Protein (g)	24.1	5.2
Salt (g)	1.76	0.38

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 7) Milk

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.

Halve the **salad potatoes** widthways. Zest and halve the **lemon**.

Finely chop the **dill** (stalks and all). Roughly chop the **capers**.



Smash the Potatoes

When the **potatoes** have cooked for 20 mins, remove them from the oven.

Use the bottom of a bowl or pan to lightly crush each **potato half**. Drizzle the **smashed potatoes** with more **oil** and return to the top shelf until crispy and golden, 10-15 mins.

Pop the **salmon** on the middle shelf to roast until cooked through, 10-15 mins. **IMPORTANT:** *The salmon is cooked when opaque in the middle.*



Start Roasting

Put the **potatoes** onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer, cut-side down.

When the oven is hot, roast on the top shelf, 20 mins.

Meanwhile, lay the **salmon fillets**, skin-side down, onto a lined baking tray. Season with **salt** and **pepper**. Drizzle with a little **oil** and sprinkle over the **lemon zest**. Set aside for now. **IMPORTANT:** *Wash your hands and equipment after handling raw fish.*



Make your Salad

Meanwhile, cut each **beetroot** into 6 wedges. Add to the **dressing** bowl along with the **pea shoots**.

Crumble in the **Greek style salad cheese**, then toss to coat.



Mix the Salsa and Dressing

To make the **salsa**, pop the **capers** and **dill** in a small bowl with the **olive oil for the salsa** (see ingredients for amount). Squeeze in **half** the **lemon juice** and season with **pepper**. Mix well, then set your **salsa** aside.

For the **dressing**, squeeze the rest of the **lemon juice** into a medium bowl, then mix in the **olive oil for the dressing** (see ingredients for amount). Add a pinch of **sugar** (if you have any) and season with **salt** and **pepper**. Mix together, then set your **dressing** aside.



Finish and Serve

When everything is ready, serve the **salmon** on your plates with the **smashed potatoes** and **beetroot salad** alongside.

Spoon the **dill and caper salsa** over the **salmon** to finish.

Enjoy!