



ROASTED SALMON

WITH BLACK GARLIC SAUCE, VEGGIES AND ROASTED POTATOES



HELLO COOKBOOK

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New Potatoes



Echalion Shallot



Flat Leaf Parsley



Black Garlic Clove



Salmon Fillet



Balsamic Vinegar



Honey



Mustard Seeds



Sugar Snap Peas



Tenderstem® Broccoli



Unsalted Butter

MEAL BAG

40 mins

2 of your 5 a day

Have you tried black garlic before? We get ours from The Garlic Farm on the Isle of Wight. It's got plenty of weird and wonderful uses - we've seen black garlic ice cream and also vodka! It's even delicious eaten on its own like sweets! Tonight though, we're using it in a sauce for flaky, roasted salmon. Hope you love it as much as we do!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got some **Baking Paper**, a **Baking Tray**, some **Foil**, a **Large Saucepan**, **Measuring Jug** and **Frying Pan** (with a **Lid**). Now, let's get cooking!



1 ROAST THE POTATOES

Preheat your oven to 220°C. Halve the **new potatoes** (no need to peel!) and pop them on a lined baking tray. ★ **TIP:** *Make sure they are in a single layer so they can get crispy.* Drizzle with a little **oil** and sprinkle with **salt** and **pepper**. Toss until they are nicely coated, then roast on the top shelf of your oven for 15 mins.



2 PREP THE VEGGIES

Halve, peel and thinly slice the **shallot** into half moons. Roughly chop the **parsley leaves** and **stalks** (keep them separate). Squash the **black garlic** under the blade of a knife (it will break up more once cooked).



3 ADD THE SALMON

Once the **potatoes** have been cooking for 15 mins, remove them from your oven and lower the heat to 180°C. Turn the **potatoes** over and lay the **salmon** (skin-side down) on the tray next to the **potatoes**. Season with **salt** and **pepper**. Roast the **salmon** and **potatoes** for another 15 mins. **! IMPORTANT:** *The fish is cooked when the centre is opaque.* Once ready, remove and cover with foil to keep warm.



4 MAKE THE SAUCE

Meanwhile, heat a splash of **oil** in a large saucepan on medium heat. Add the **shallot** and cook until softened, 6 mins. Add the **black garlic** and cook for 2 more mins. Use a wooden spoon to break it up as it cooks. Add the **balsamic vinegar** and allow to evaporate, then add the **honey** and **parsley stalks**. Stir and pour in the **water** (see ingredients for amount). Simmer until syrupy, 5 mins. Take off the heat and set aside.



5 FRY THE VEGGIES

Heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **mustard seeds** and cook until they are starting to pop, then add the **sugar snaps** and **broccoli** to your pan. Season with **salt** and **pepper** and cook for 2 mins. Add a splash of **water**, cover with a lid (or some foil) and steam-fry until the **veggies** are tender, 5-6 mins.



6 FINISH AND SERVE

Warm up the **sauce** and stir in the **butter** so it melts. Spoon it onto your plate (in a semicircle sweep if you want to be fancy). Arrange the **veggies** on the plate and top with the **salmon**. Toss the **parsley leaves** through the **potatoes** and serve them in a bowl next to the medley of **salmon** and **veggies**. **Enjoy!**

2 PEOPLE INGREDIENTS

New Potatoes, halved	1 pack
Echalion Shallot, sliced	1
Flat Leaf Parsley, chopped	1 small bunch
Black Garlic Clove, squashed	5
Salmon Fillet 4)	2
Balsamic Vinegar 14)	1 tbsp
Honey	1 tbsp
Water*	75ml
Mustard Seeds 9)	1 tsp
Sugar Snap Peas	1 pack
Tenderstem® Broccoli	1 small pack
Unsalted Butter 7)	15g

*Not Included

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 507G	PER 100G
Energy (kcal)	530	105
(kJ)	2215	437
Fat (g)	21	4
Sat. Fat (g)	7	1
Carbohydrate (g)	50	10
Sugars (g)	15	3
Protein (g)	37	7
Salt (g)	0.19	0.04

ALLERGENS

4) Fish 7) Milk 9) Mustard 14) Sulphites

PAIR THIS MEAL WITH

A dry white like a Pinot Gris

🧼 **Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between uses.**

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