



OVEN-BAKED SALMON

with Black Garlic Sauce, Veggies and Roasted Potatoes



SPECIALITY INGREDIENT



HELLO BLACK GARLIC

Gently heat-aged over 3-4 weeks, this garlic develops a sweet, balsamic flavour.



New Potatoes



Echalion Shallot



Flat Leaf Parsley



Black Garlic Clove



Salmon Fillet



Balsamic Vinegar



Honey



Mustard Seeds



Tenderstem® Broccoli



Unsalted Butter

This delicious black garlic is a wondrous thing. Black garlic is produced by allowing regular garlic to age at high temperatures over 3 to 4 weeks. We've used black garlic here in a delicious sauce but it can also be used in many weird and wonderful ways – ice cream, beer or just on its own.

40 mins
 1 of your 5 a day

MEAL BAG

13

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got 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 200°C. Chop the **new potatoes** into 2cm chunks (no need to peel!) and pop them on a 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 **black pepper**. Toss until they are nicely coated, then roast on the top shelf of your oven for 15 mins.



2 PREP THE VEGGIES

Meanwhile, halve, peel and thinly slice the **shallot**. Roughly chop the **parsley** (stalks and all). Squash the **black garlic** under the blade of a knife (it will break up more once cooked).



3 ROAST 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** on the tray next to the **potatoes**, skin-side down. Season with **salt** and **pepper**. Use a second tray if your first is overcrowded! 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 saucepan on medium heat. Add the **shallot** and cook until soft, 5-6 mins. Add the **black garlic** and cook for 2 mins. Use a wooden spoon to break it up as it cooks. Add the **balsamic vinegar** and allow to evaporate, then stir in the **honey** and **half the parsley**. Pour in the **water** (see ingredients for amount). Simmer, stirring, until thickened slightly, 5 mins. Take off the heat and set aside.



5 FRY THE TENDERSTEM®

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 **tenderstem® broccoli** to your pan. Season with **salt** and **pepper** and cook for 2 mins. Then 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 then arrange the **tenderstem®** on the plate and top with the **salmon**. Toss the remaining **parsley** through the **potatoes** and serve them next to the **salmon** and **veggies**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
New Potatoes *	1 small pack	1 large pack	2 small packs
Echalion Shallot *	1	1	2
Flat Leaf Parsley *	1 bunch	1 bunch	1 bunch
Black Garlic Clove *	5	7	10
Salmon Fillet 4)	2	3	4
Balsamic Vinegar 14)	1 sachet	1½ sachets	2 sachet
Water for the sauce*	75ml	120ml	150ml
Honey	1 sachet	1½ sachets	2 sachets
Mustard Seeds 9)	1 small pot	¾ large pot	1 large pot
Tenderstem® Broccoli *	1 pack	1 pack	2 packs
Unsalted Butter 7) *	15g	30g	30g

*Not Included * Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 421G	PER 100G
Energy (kJ/kcal)	2318 / 554	551 / 132
Fat (g)	32	8
Sat. Fat (g)	25	6
Carbohydrate (g)	43	10
Sugars (g)	13	3
Protein (g)	26	6
Salt (g)	0.14	0.03

Nutrition for uncooked ingredients based on 2 person recipe.

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! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

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