



Pesto Crusted Salmon and Lemon Butter Sauce

with Potatoes and Tenderstem

N° 27

PREMIUM 40 Minutes



White Potato



Echalion Shallot



Tenderstem Broccoli®



Green Beans



Lemon



Salmon Fillet



Green Pesto



Panko Breadcrumbs



Grated Italian Style Hard Cheese



Butter

Before you start

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

Basic cooking tools, you will need:

Peeler, Two Baking Trays and Saucepan.

Ingredients

	2P	3P	4P
White Potato**	1 small pack	1 large pack	2 small packs
Echalion Shallot**	1	1	2
Tenderstem Broccoli***	1 small pack	1 large pack	1 large pack
Green Beans**	1 small pack	1 small pack	1 large pack
Lemon**	½	¾	1
Salmon Fillet 4)**	2	3	4
Green Pesto 7)	1 sachets	1½ sachets	2 sachets
Panko Breadcrumbs 13)	10g	15g	20g
Grated Italian Style Hard Cheese 7) 8)**	½ pack	¾ pack	1 pack
Water for the Sauce*	2 tbsp	3 tbsp	4 tbsp
Butter 7)**	30g	45g	60g

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	616g	100g
Energy (kJ/kcal)	2584/618	419/100
Fat (g)	32	5
Sat. Fat (g)	14	2
Carbohydrate (g)	49	8
Sugars (g)	4	1
Protein (g)	34	6
Salt (g)	0.71	0.12

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 7) Milk 8) Egg 13) Gluten

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. Roast the Potatoes

Preheat your oven to 200°C. Peel and chop the **potatoes** into 2cm chunks and pop on a large baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Toss to coat then spread out and roast on the middle shelf of your oven until golden, 30-35 mins, turning halfway.



4. Cook the Salmon

Take a moment to have a tidy up. When the **potatoes** have about 10 mins left, pop the **salmon** on the top shelf of your oven and bake until the top is golden, 10-12 mins. **IMPORTANT: The salmon is cooked when opaque in the centre.** Meanwhile, heat a drizzle of **oil** in a large saucepan on medium heat. When hot, add the **shallot** and cook until soft, stirring occasionally, 3-4 mins.



2. Prep

Meanwhile, halve, peel and thinly slice the **shallot**. Chop the **Tenderstem broccoli** in half widthways. Trim the **green beans** and chop in half. Zest and halve the **lemon**.



5. Finish up

Add the **Tenderstem** and **green beans** to the pan. Season with **salt** and **pepper** and stir-fry until starting to char, 2-3 mins. Add a splash of **water** to the pan, cover with a lid and steam fry until tender, 3-4 more mins. Once cooked, transfer to a bowl and cover with foil to keep warm. Return the pan to medium heat with the **water** (see ingredients for amount). Squeeze in the **lemon juice**, bring to the boil and whisk in the **butter** until you have a glossy **sauce**. Remove from the heat and season to taste with **salt**, **pepper** and a pinch of **lemon zest**.



3. Prepare the Salmon

Line a baking tray with baking paper and lay the **salmon fillets** on top, skin-side down. Spread the **pesto** evenly over the top of each **fillet**. In a small bowl combine the **panko breadcrumbs** with the **hard Italian style cheese**. Sprinkle this **mixture** over the **fish**, pressing it on lightly to cover all the **pesto**. Drizzle the top with oil and set aside, we will bake the **salmon** later. **IMPORTANT: Wash your hands after handling raw fish.**



6. Serve

Divide the **crispy potatoes** between your plates and serve the **Tenderstem** and **beans** alongside. Add the **pesto crusted salmon** and spoon the **lemon butter sauce** all around.

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.