



Pesto Crusted Salmon and Lemon Butter Sauce with Potatoes, Sautéed Green Beans and Tenderstem

Premium 40 Minutes • Little Spice

28



White Potatoes



Echalion Shallot



Tenderstem Broccoli®



Green Beans



Lemon



Salmon Fillet



Green Pesto



Panko Breadcrumbs



Grated Hard Italian Style Cheese

Before you start

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

Cooking tools, you will need:

Baking Tray, Bowl, Saucepan, Wooden Spoon.

Ingredients

	2P	3P	4P
White Potatoes**	450g	700g	900g
Echalion Shallot**	1	1	2
Tenderstem Broccoli***	80g	150g	150g
Green Beans**	80g	80g	150g
Lemon**	½	¾	1
Salmon Fillet 4)**	2	3	4
Green Pesto 7)	1 sachet	1½ sachets	2 sachets
Panko Breadcrumbs 13)	10g	15g	20g
Grated Hard Italian Style Cheese 7) 8)**	20g	30g	40g
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)	2582/617	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

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soy, Gluten & Sulphites.

Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

You can recycle me!



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.



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**.



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.**



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.



Finish Up

Add the **Tenderstem broccoli** 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**.



Serve

Divide the **crispy potatoes** between your plates and serve the **Tenderstem broccoli** 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.