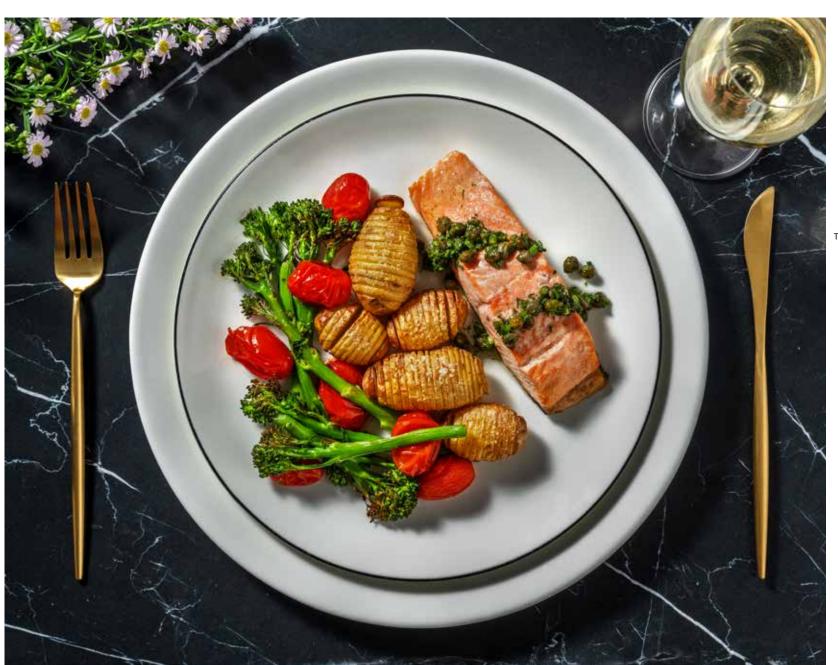


Roasted Salmon and Hasselback Potatoes



with Caper & Dill Salsa, Roasted Tenderstem® and Tomatoes

Premium 40-45 Minutes · 1 of your 5 a day





Salad Potatoes









Tenderstem® Broccoli



Baby Plum Tomatoes



Skin-On Salmon Fillet

Before you start

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

Cooking tools

Baking tray and bowl.

Ingredients

Ingredients	2P	3P	4P
Salad Potatoes	350g	500g	700g
Lemon**	1/2	3/4	1
Dill**	1 bunch	1 bunch	1 bunch
Capers**	15g	30g	30g
Tenderstem® Broccoli**	80g	150g	150g
Baby Plum Tomatoes	125g	250g	250g
Skin on Salmon Fillet** 4)	2	3	4
Pantry	2P	3P	4P
Olive Oil for the Salsa*	2 tbsp	3 tbsp	4 tbsp

Nutrition

*Not Included **Store in the Fridge

Typical Values	Per serving	Per 100g
for uncooked ingredient	425g	100g
Energy (kJ/kcal)	1990 /476	468/112
Fat (g)	24.3	5.7
Sat. Fat (g)	4.2	1.0
Carbohydrate (g)	32.8	7.8
Sugars (g)	5.9	1.4
Protein (g)	26.5	6.3
Salt (g)	1.15	0.27

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

4) Fish

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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HelloFresh UK Packed in the UK

The Fresh Farm 60 Worship St, London EC2A 2EZ







Make your Hasselbacks

Preheat your oven to 220°C/200°C fan/gas mark 7. Place a few **potatoes** at a time in between two wooden spoon handles on a board. Make slices widthways at 3mm intervals, making sure not to cut the whole way through. Repeat with the remaining potatoes.

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

When the oven is hot, roast on the top shelf until golden and tender, 35-40 mins.



Time to Salsa

Meanwhile, halve the lemon. Finely chop the dill (stalks and all).

Pop the dill and capers into a small bowl and add the olive oil for the salsa (see pantry for amount). Squeeze in some **lemon juice**, then season with salt and pepper.

Taste and add more salt, pepper or lemon juice if needed. Set your salsa aside for now.



Prep the Veg

Pop the **Tenderstem® broccoli** and **tomatoes** onto another baking tray.

Drizzle with oil and season with salt and pepper. Toss to coat, then spread out and set aside.



Bring on the Salmon

About 15 mins before the **potatoes** are ready, remove the **potato** tray from the oven and move the **potatoes** to one side.

Lay the **salmon fillets**, skin-side down, onto the other side of the baking tray. Season with **salt** and pepper.

Roast for the remaining time until cooked through, 10-15 mins. IMPORTANT: Wash your hands and equipment after handling raw fish. The salmon is cooked when opaque in the middle.



Roast the Veg

At the same time, roast the veg on the middle shelf of your oven until the **broccoli** is tender and the tomatoes are soft, 10-12 mins.



Serve

When everything's ready, plate up your salmon with the hasselbacks and roasted veg alongside. Spoon the salsa over the salmon to finish.

Enjoy!