

# **Pan-Fried Salmon**

with Asparagus, New Potatoes and Chive Butter Sauce

PREMIUM 40 Minutes • 1.5 of your 5 a day









Salad Potatoes





Asparagus

Baby Plum Tomatoes





Salmon Fillet

# Before you start

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

#### Basic cooking tools you will need:

Two Baking Trays and Frying Pan.

#### Ingredients

	2P	3P	4P
Butter <b>7)</b> **	30g	45g	60g
Salad Potatoes**	1 small pack	1 large pack	2 small packs
Asparagus**	1 small pack	1 large pack	1 large pack
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Chives**	½ bunch	¾ bunch	1 bunch
Salmon Fillet 4)**	2	3	4

\*Not Included \*\* Store in the Fridge

#### **Nutrition**

	Per serving	Per 100g
for uncooked ingredients	442g	100g
Energy (kJ/kcal)	2151/514	487/116
Fat (g)	28	6
Sat. Fat (g)	11	3
Carbohydrate (g)	33	7
Sugars (g)	7	2
Protein (g)	24	6
Salt (g)	0.17	0.04

Nutrition for uncooked ingredients based on 2 person recipe.

## **Allergens**

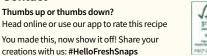
4) Fish 7) Milk

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly 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.

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Packed in the UK



#### 1. Roast the Potatoes

Preheat your oven to 200°C and remove the butter from the fridge to allow it to come up to room temperature. Chop the **potatoes** into 2cm chunks (no need to peel) 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 top shelf of your oven until golden, 25-30 mins, turning halfway.



#### 2. Prep

Meanwhile, trim and discard the bottom 2cm from the asparagus. Chop the baby plum tomatoes in half. Finely chop the **chives** (or use scissors).



# 3. Roast the Veggies

Pop the asparagus and tomatoes on another baking tray and drizzle with oil. Season with salt and pepper, toss to coat and spread out. When the potatoes have 10 mins left, put the veggies in the oven to roast until the asparagus is tender and the tomatoes soft and sticky, 8-10 mins.



## 4. Make the Butter

Meanwhile, put the butter in a small bowl and mash with a fork until soft. Stir in the chives and season with a pinch of salt and pepper. Set aside (keep at room temperature!).



# 5. Cook the Salmon

When the **veggies** are in the oven, heat a drizzle of oil in a frying pan on high heat. Season the salmon with salt and pepper. When the pan is hot, carefully lay in the fish skin-side down. Lower the heat slightly and fry until the skin is crisp, 4-5 mins. **TIP:** Don't try and turn the fish too soon or the skin won't crisp! Turn and cook for a further 4-5 mins. **IMPORTANT:** The salmon is cooked when opaque in the centre.



#### 6. Serve

When the **salmon** is cooked, remove the pan from the heat and turn the **salmon fillets** so as they are skin-side down. Divide the chive butter between the top of each salmon fillet - it will melt from the heat of the fish. Divide the roasted potatoes and veg between your plates and finish with the panfried salmon. Drizzle over the buttery juices from the pan.

Enjoy!

