



Salmon and Chive Butter Sauce with Roasted Potatoes and Tenderstem® Broccoli

Premium 40 Minutes • 1 of your 5 a day

29



Unsalted Butter



Potatoes



Baby Plum
Tomatoes



Chives



Tenderstem®
Broccoli



Salmon Fillet

Before you start

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

Cooking tools

Baking tray, bowl and frying pan.

Ingredients

	2P	3P	4P
Unsalted Butter** 7)	30g	30g	60g
Potatoes**	450g	700g	900g
Baby Plum Tomatoes	125g	250g	250g
Chives**	½ bunch	¾ bunch	1 bunch
Tenderstem® Broccoli**	150g	200g	300g
Salmon Fillet** 4)	2	3	4

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	479g	100g
Energy (kJ/kcal)	2399 /573	501 /120
Fat (g)	28	6
Sat. Fat (g)	11	2
Carbohydrate (g)	44	9
Sugars (g)	5	1
Protein (g)	27	6
Salt (g)	0.12	0.03

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 7) Milk

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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Packed in the UK

The Fresh Farm

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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 onto a large baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Toss to coat then spread out in a single layer.

TIP: Use two baking trays if necessary. When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Get Prepped

Meanwhile, halve the **baby plum tomatoes**. Finely chop the **chives** (use scissors if easier). Halve any thick **broccoli** stems lengthways.



Roast the Veg

Pop the **Tenderstem® broccoli** and **tomatoes** onto 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 **veg** on the middle shelf of your oven to roast until the **broccoli** is tender and the **tomatoes** are soft and sticky, 10-12 mins.



Make the Chive 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).



Cook the Salmon

While the **veg** roasts, 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:** Wash your hands after handling raw fish. The salmon is cooked when opaque in the middle.



Serve

When the **salmon** is cooked, remove the pan from the heat and turn the **salmon fillets** so they are skin-side down. Divide the **chive butter** between the top of each **fillet** - it will melt from the heat of the **fish**. Plate up the **salmon fillets** with the **roast potatoes**, **broccoli** and **tomatoes** alongside. Spoon over any remaining **chive butter sauce** from the pan.

Enjoy!