



# SALMON EN CROÛTE

WITH POPPY SEED & AVOCADO SALAD



• SPECIALITY INGREDIENT •



**HELLO HOT  
SMOKED SALMON**

*Hot smoking cooks the fish to perfect flakiness whilst it picks up delicate smoky flavours.*



Puff Pastry



Leek



Lemon



Flat Leaf Parsley



Hot Smoked Salmon



Wholegrain Mustard



Crème Fraîche



Poppy Seeds



Avocado



Honey



Olive Oil



Premium Baby Leaf Mix

40 mins

4 of your 5 a day

eat within 3 days

Here's our twist on a traditional showstopper. Salmon en croûte is a classic summer dish, guaranteed to wow party guests but even more decadent if you can keep it for yourself! Any leftovers would make a fabulous addition to a picnic. We're serving it with an avocado salad. The buttery flesh in its zingy, lemony dressing is a perfect compliment. Enjoy!

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Preheat your oven to **220°C**. Make sure you've got a **Frying Pan, Fine Grater**, two **Mixing Bowls**, **Baking Paper** and a **Baking Tray**. Now, let's get cooking!



### 1 COOK THE LEEKS

Take the **pastry** out of your fridge. Remove and discard the root and green tops from the **leek**, halve lengthways and then thinly slice into thin half moon shapes. Heat a drizzle of **oil** in a frying pan on medium heat and add the **leek** along with a pinch of **salt** and **black pepper**. Stir together and cook until really soft, 8-10 mins.



### 2 PREP TIME

While the **leek** is cooking, grate the **lemon zest** and finely chop the **parsley** (stalks and leaves!). Peel off the **hot smoked salmon skin** (and discard). Pop the **salmon** in a mixing bowl and separate the flakes with two forks. Add the **lemon zest**, **parsley**, **wholegrain mustard**, a pinch of **salt** and **black pepper** and stir together.



### 3 STIR!

Once the **leek** is soft, add to the **salmon mixture** and mix together, then stir in the **crème fraîche**. Taste the **mixture** (but don't eat it all!) and add more **salt** and **black pepper** if you feel it needs it. Unroll the **pastry**, halve widthways and lay on a piece of baking paper.



### 4 ASSEMBLE!

Spoon the **mixture** onto one half of the pastry with a 2cm border around the edge. Dip your finger in water and run it around the edge of the pastry. Fold the other half of the pastry over so the two edges meet. Squeeze the edges together then use a fork to seal them tightly. Use a sharp knife to prick a small hole in the top of the pastry (this lets the steam escape).



### 5 BAKE!

Brush the pastry with **milk** (if you have some, if not don't worry), then sprinkle over half the **poppy seeds**. Carefully transfer the baking paper and its contents to a baking tray. Pop on the top shelf of your oven and bake until golden brown, 18-22 mins. Meanwhile, slice the **avocado** in half vertically and twist apart. Remove the stone, scoop out the flesh and chop into 2cm chunks.



### 6 FINISH AND SERVE

Squeeze the **lemon juice** into a another mixing bowl and add the remaining **poppy seeds**, the **honey**, **olive oil** (amount specified in the ingredient list), a pinch of **salt** and **black pepper** and mix together. Just before serving, add the **avocado** and **baby leaves** to the dressing and toss together. When the **salmon en croûte** is cooked, remove from your oven and carefully slice each one into two triangles. Serve with the **salad** on the side and **enjoy!**

## 2 PEOPLE INGREDIENTS

Puff Pastry 1)	1 sheet
Leek, sliced	2
Lemon	½
Flat Leaf Parsley, chopped	1 bunch
Hot Smoked Salmon, flaked 4)	1 fillet
Wholegrain Mustard 10)	1 tbsp
Crème Fraîche 7)	1 small pot
Poppy Seeds	1 tbsp
Avocado, chopped	1
Honey	1 tbsp
Olive Oil*	2 tbsp
Premium Baby Leaf Mix	1 bag

\*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	1354	205
(kJ)	5636	852
Fat (g)	101	15
Sat. Fat (g)	37	6
Carbohydrate (g)	75	11
Sugars (g)	15	2
Protein (g)	34	5
Salt (g)	2.54	0.38

### ALLERGENS

1)Gluten 4)Fish 7)Milk 10)Mustard

### PAIR THIS MEAL WITH

A buttery white like an oaked Chardonnay.



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