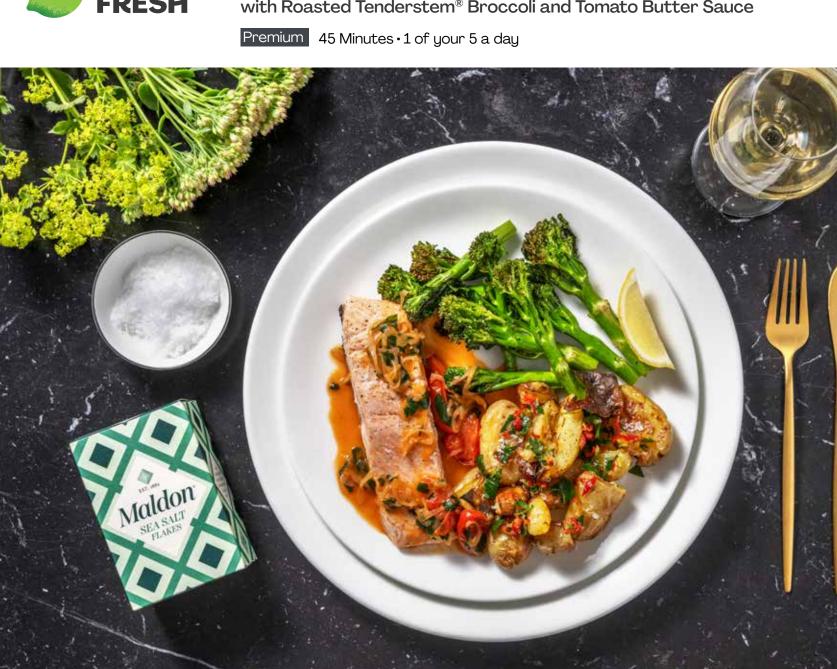


# Salmon and Herby Maldon Smashed Potatoes

with Roasted Tenderstem® Broccoli and Tomato Butter Sauce









**Echalion Shallot** 







Flat Leaf Parsley



Red Chilli



Salmon Fillet



Maldon



Tenderstem® Broccoli



Vegetable Stock

## Before you start

Our fruit and veggies need a little wash before you

## Cooking tools, you will need:

Kettle, Aluminium Foil, Plate, Frying Pan, Saucepan, Baking Tray, Colander, Grater, Small Bowl, Spatula and Potato Masher.

## **Ingredients**

	2P	3P	4P
Salad Potatoes**	350g	500g	700g
Echalion Shallot**	1	1	2
Lemon**	1/2	1	1
Red Chilli**	1/2	3/4	1
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Baby Plum Tomatoes	125g	190g	250g
Salmon Fillet** 4)	2	3	4
Maldon Sea Salt	1 pinch	1 ½ pinches	2 pinches
Tenderstem® Broccoli **	150g	200g	300g
Water for the Sauce*	100ml	150ml	200ml
Vegetable Stock Paste <b>10</b> )	10g	15g	20g
Unsalted Butter** 7)	30g	40g	60g

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

#### **Nutrition**

	Per serving	Per 100g
for uncooked ingredient	494g	100g
Energy (kJ/kcal)	2013 /481	408/97
Fat (g)	25	5
Sat. Fat (g)	11	2
Carbohydrate (g)	33	7
Sugars (g)	7	2
Protein (g)	29	6
Salt (g)	1.65	0.33

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

4) Fish 7) Milk 10) Celery

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, Soya, Gluten & Sulphites.

#### Contact

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## Prep the Veg

Preheat your oven to 200°C. Boil your kettle. Pour the boiled water into a medium saucepan. Pop on high heat and add 1/2 tsp of salt. Halve any larger potatoes (no need to peel). Add the potatoes to the water and simmer until you can just slip a knife through them, 10-15 mins. Meanwhile, halve, peel, and thinly slice the **shallot**. Zest and halve the **lemon** (see ingredients for amount). Halve the **chilli** lengthways, deseed then finely chop. Roughly chop the **parsley** (stalks and all). Halve the tomatoes.



## Bake the Fish

When the **potatoes** have 15 mins left, pop the salmon and Tenderstem® tray on the middle shelf of your oven. Roast until the **broccoli** is crispy and the **salmon** is cooked, 10-13 mins. **IMPORTANT**: The fish is cooked when opaque in the centre. Meanwhile, heat a drizzle of oil in a medium frying pan on medium heat. Add the shallot and baby plum tomatoes and cook until softened, 5-6 mins. Add the water (see ingredients for amount) and vegetable stock paste. Bring to the boil, then lower the heat and simmer until the liquid has reduced by half, 3-4 mins. Lower the heat and stir in the **butter** until melted and combined. Stir in half the parsley.



#### Roast the Potatoes

Once the **potatoes** are cooked, drain in a colander. Pop the **potatoes** onto a large baking tray. Spread out in a single layer. Use the back of a large spoon or potato masher to slightly crush each potato. Drizzle with oil, season with Maldon sea salt and pepper. When the oven is hot, roast on the top shelf until golden, 25-30 mins. Turn halfway through.



#### Make the Salmon Parcels

Drizzle a piece of foil with oil and add a salmon fillet. Season with Maldon sea salt and pepper then squeeze on some lemon juice. Fold the foil, sealing on all sides to create a parcel. Repeat with the other fillet(s). Pop onto one side of another baking tray. IMPORTANT: Wash your hands and equipment after handling raw fish. Halve any thick broccoli stems lengthways, then place the Tenderstem® broccoli on the other side of the trav. Drizzle with oil. season with Maldon sea salt and pepper, then toss to coat. Spread out in a single layer.



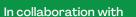
#### Make the Garnish

In a small bowl, add the chilli, lemon zest and remaining parsley. Add a pinch of Maldon sea salt and mix together well. When the smashed potatoes, salmon and broccoli are cooked, remove them from the oven.



#### Serve

Unwrap the parcels and place the cooked salmon onto your plates. Serve the Tenderstem® broccoli, smashed potatoes, and any remaining lemon wedges alongside. Sprinkle the parsley garnish onto the potatoes and spoon the tomato butter sauce onto the salmon. Enjoy!





#### Seize the Seasoning

These soft, crunchy sea salt flakes contain the perfect balance of natural minerals, offering a fresh intensity and clean taste to enhance any dish.



