



Salmon and Herby Maldon Smashed Potatoes with Roasted Tenderstem® Broccoli and Tomato Butter Sauce

Premium 45 Minutes • 1 of your 5 a day

29



Salad Potatoes



Echalion Shallot



Lemon



Red Chilli



Flat Leaf Parsley



Baby Plum
Tomatoes



Salmon Fillet



Maldon
Sea Salt



Tenderstem®
Broccoli



Vegetable Stock
Paste

Before you start

Our fruit and veggies need a little wash before you use them!

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**	½	1	1
Red Chilli**	½	¾	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 10)	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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Packed in the UK

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 You can recycle me!



1



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 **½ 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**.

4



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**.

2



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.

5



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.

3



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 tray. Drizzle with **oil**, season with **Maldon sea salt** and **pepper**, then toss to coat. Spread out in a single layer.

6



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!**

In collaboration with



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.