



Honey Mustard Roast Salmon

with Scandi Style Potato Gratin and Pickled Cucumber

N° 13

PREMIUM 45 Minutes • 1 of your 5 a day



Baking Potato



Shallot



Dill



Soured Cream



Vegetable Stock Powder



White Wine Vinegar



Cucumber



Wholegrain Mustard



Honey



Salmon Fillet

Before you start

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

Basic cooking tools you will need: Ingredients

	2P	3P	4P
Potato	1 small pack	1 large pack	2 small packs
Shallot	1	2	2
Dill	2 bunches	2 bunches	3 bunches
Soured Cream 7)	1 pouch	1½ pouches	2 pouches
Vegetable Stock Powder 10)	1 sachet	1½ sachets	2 sachets
Water for the Gratin	150ml	225ml	300ml
White Wine Vinegar 14)	2 sachets	3 sachets	4 sachets
Sugar*	1½ tsp	2¼ tsp	3 tsp
Water for the Pickled Cucumber*	2 tbsp	3 tbsp	4 tbsp
Cucumber	1	1½	2
Wholegrain Mustard 9)	1 pot	1½ pots	2 pots
Honey	1 pot	1½ pots	2 pots
Salmon Fillet 4)	2	3	4

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	643g	100g
Energy (kJ/kcal)	2736 /654	426 /102
Fat (g)	33	5
Sat. Fat (g)	13	2
Carbohydrate (g)	54	8
Sugars (g)	12	2
Protein (g)	28	4
Salt (g)	1.19	0.19

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish **7)** Milk **9)** Mustard **10)** Celery **14)** Sulphites

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.

Contact

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Packed in the UK



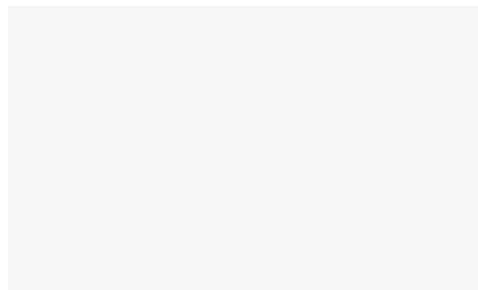
1. Start the Gratin

Preheat your oven to 200°C. Pop a large saucepan of water onto boil with a pinch of **salt**. Slice the **potatoes** into 1/2cm discs (no need to peel). Add to the boiling **water** and simmer gently until the **potatoes** have softened but are not cooked through, 8-10 mins. Meanwhile, halve peel and thinly slice the **shallot**. Roughly chop the dill (stalks and all). When the **potatoes** are cooked, drain into a colander and allow to steam for a couple of minutes.



4. Cook the Salmon

About 15 minutes before the gratin is done, mix the **mustard** and **honey** with a drizzle of **oil** and a pinch of **salt** and **pepper**. Pop the **salmon** on a tray lined with baking paper and spoon the **mustard mixture** over, spreading with the back of a spoon to evenly cover the **salmon**. Bake on the middle shelf of your oven for 12-14 mins. **IMPORTANT:** The fish is cooked when opaque in the middle.



2. Soured Cream Time

Meanwhile, heat a drizzle of **oil** in a small saucepan on medium heat. Add the **shallot** with a pinch of **salt** and cook until softened, 4-5 mins. Once the **potatoes** are cooked, drain them in a colander, return to the saucepan with the **soured cream**, the **vegetable stock powder**, **water** (see ingredients for amount) and **half the dill**. Add the cooked **shallot** and plenty of **salt** and **pepper**. Gently mix and transfer into a baking dish. Bake on the top shelf of your oven until bubbling and golden, 20-25 mins.



5. Finish Up

Once the **gratin** is done, leave to stand for 5 mins before serving. Pour off any excess liquid from the **cucumber**.



3. Pickled Cucumber Time

Put the **vinegar**, **sugar**, **water** (see ingredients for amount) and a large pinch of **salt** in a small saucepan over medium heat. Cook until the **sugar** and **salt** have dissolved, 1-2 mins. Trim the **cucumber**. Use a vegetable peeler to peel long ribbons from all sides of the length of the **cucumber**. Stop when you get to the seeds. Pop the **cucumber** into a mixing bowl and pour over the **vinegar mixture**, add the remaining **dill** and mix well. Set aside while you cook the **salmon**.



6. Serve

Divide the **salmon** between plates with the **pickled cucumber** and **potato gratin** alongside.

Enjoy!