









# Creamy Chive Salmon

with Sweet Potato Wedges and Zesty Zucchini

Carb Smart

30 Minutes



-  Salmon Fillets, skinless
-  Zucchini
-  Sweet Potato
-  Sour Cream
-  Lemon
-  Dijon Mustard
-  Chives
-  Vegetable Broth Concentrate

HELLO CHIVES

*Add a delicate onion flavour to your dish with this bright green herb!*

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

## Bust Out

Baking sheet, large pan, microplane/zester, measuring spoons, parchment paper, large non-stick pan, measuring cups, paper towels

## Ingredients

	2 Person	4 Person
Salmon Fillets, skinless	250 g	500 g
Zucchini	200 g	400 g
Sweet Potato	340 g	680 g
Sour Cream	3 tbsp	6 tbsp
Lemon	1	2
Dijon Mustard	1 ½ tsp	3 tsp
Chives	7 g	14 g
Vegetable Broth Concentrate	1	2
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 70°C/158°F, as size may vary.

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

*Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.*

## Contact

Share your photos #HelloFreshLife  
Call or email us | (855) 272-7002  
hello@hellofresh.ca  
HelloFresh.ca



## Roast sweet potatoes

Cut **sweet potatoes** into ½-inch thick wedges. Toss **sweet potatoes** with **1 tbsp oil** on a parchment-lined baking sheet. Season with **salt** and **pepper**. Roast in the **middle** of the oven, flipping halfway through, until golden-brown, 22-24 min. (**NOTE:** For 4 ppl, use 2 parchment-lined baking sheets, with 1 tbsp oil per sheet. Roast in the middle and the top of the oven, rotating sheets halfway.)



## Cook zucchini

While **salmon** cooks, heat a large pan over medium-high heat. When hot, add **1 tbsp butter** (dbl for 4 ppl), then swirl around pan until **butter** melts. Add **zucchini**, then season with **salt** and **pepper**. Cook, stirring often, until tender-crisp, 3-4 min. Remove from heat, then stir in **lemon zest**.



## Prep

Cut **zucchini** in half lengthwise, then into ½-inch thick half-moons. Zest, then cut **lemon** into wedges. Thinly slice **chives**. Pat **salmon** dry with paper towels, then season with **salt** and **pepper**.



## Make chive sauce

Return the pan (from step 3) to medium-high. Add **broth concentrate** and **⅓ cup water** (dbl for 4 ppl). Bring to a boil and cook until thickened, 3-4 min. Add **1 tbsp butter** (dbl for 4 ppl) and swirl until melted. Remove from heat, then stir in **Dijon**, **sour cream** and **half the chives**. Season with **salt**.



## Cook salmon

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **salmon**. Pan-fry, until golden-brown and cooked through, 3-4 min per side.\*\* Transfer **salmon** to a plate. Carefully wipe pan clean.



## Finish and serve

Divide **zucchini**, **sweet potato wedges** and **salmon** between plates. Spoon **chive sauce** over **salmon**, then sprinkle with **remaining chives**. Serve **lemon wedges** alongside.

## Dinner Solved!