



Oven Baked Lemon Salmon and Caper Dill Salsa with Beetroot, Feta Pea Shoots Salad and Crushed Potatoes

Nº 20

PREMIUM 30 Minutes • 1.5 of your 5 a day



Salad Potatoes



Lemon



Dill



Capers



Salmon Fillet



Beetroot



Pea Shoots



Feta Cheese

Before you start

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

Basic cooking tools, you will need:

Saucepan, Colander, Baking Tray and Frying Pan.

Ingredients

	2P	3P	4P
Salad Potatoes**	1 small pack	1 large pack	2 small packs
Lemon**	½	1	1
Dill**	1 bunch	1 bunch	2 bunches
Capers	1 small pot	1 large pot	1 large pot
Salmon Fillet 4)**	2	3	4
Beetroot**	1 pack	1 pack	2 packs
Olive Oil for the Salsa*	1½ tbsp	2 tbsp	3 tbsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Pea Shoots**	1 bag	2 bags	2 bags
Feta Cheese 7)**	1 block	1½ blocks	2 blocks

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	520g	100g
Energy (kJ/kcal)	2552 /610	491 /117
Fat (g)	34	7
Sat. Fat (g)	13	3
Carbohydrate (g)	41	8
Sugars (g)	13	3
Protein (g)	35	7
Salt (g)	1.54	0.30

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 7) Milk

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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1. Get Prepped

Preheat your oven to 200°C. Bring a large saucepan of **water** to the boil with ½ tsp of **salt** for the **potatoes**. Halve the **salad potatoes** (or quarter any larger ones). Zest and halve the **lemon**. Finely chop the **dill** (stalks and all). Roughly chop the **capers**.



4. Cook the Salmon

Once the **potatoes** are cooked and drained, roast the **salmon** on the top shelf of your oven until cooked, 10-12 mins. **IMPORTANT:** *The salmon is cooked when opaque all the way through.*



2. Cook the Potatoes

Add the **potatoes** to the boiling **water** and cook until just tender, 12-15 mins, then drain well in a colander and set aside. While the **potatoes** cook, pop the **salmon fillets** on a baking tray lined with baking paper. Drizzle with **oil**, season with **salt** and **pepper** and sprinkle the **lemon zest** over the **fish**, set aside. **IMPORTANT:** *Wash your hands after handling raw fish.* Chop each **beetroot** into 6 segments.



5. Fry the Potatoes

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium high heat. Add the **potatoes** to the pan and crush them lightly with a fork. Fry, turning occasionally, until golden, 8-10 mins. Once cooked, remove from the heat. Add the **beetroot** and **pea shoots** to the **salad dressing**. Crumble in the **Feta** and toss to coat.



3. Make the Salsa and Dressing

Meanwhile, pop the **capers** and **dill** in a small bowl and add the **olive oil** (see ingredients list for amount). Squeeze in **half** the **lemon juice** and season with **pepper**. Stir together and set aside. Squeeze the rest of the **lemon juice** into a larger bowl and add the **olive oil** (see ingredients for amount). Add a pinch of **sugar** and season with **salt** and **pepper**. Stir and set aside.



6. Finish and Serve

Serve the **salmon** with the **potatoes** and **beetroot salad** alongside. Spoon the **dill** and **caper salsa** on top of the **salmon**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.