



Oven-Baked Salmon

with Black Garlic Sauce, Veggies and Roasted Potatoes

Premium 40 Minutes

Nº 26



Salad Potatoes



Echalion Shallot



Flat Leaf Parsley



Black Garlic Cloves



Salmon Fillet



Balsamic Vinegar



Honey



Yellow Mustard Seeds



Tenderstem Broccoli®



Butter

Before you start

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

Cooking tools, you will need:

Baking Tray, Saucepan, Measuring Jug and Frying Pan.

Ingredients

	2P	3P	4P
Salad Potatoes**	1 small pack	1 large pack	2 small packs
Echalion Shallot**	1	1	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Black Garlic Cloves	1 pot	1½ pots	2 pots
Salmon Fillet 4)**	2	3	4
Balsamic Vinegar 14)	1 sachet	1½ sachet	2 sachets
Honey**	½ sachet	¾ sachet	1 sachet
Water for the Sauce*	75ml	120ml	150ml
Yellow Mustard Seeds 9)	1 small pot	¾ large pot	1 large pot
Tenderstem Broccoli 6**	1 small pack	1 large pack	2 small packs
Butter 7)**	15g	30g	30g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	408g	100g
Energy (kJ/kcal)	1826 /437	448 /107
Fat (g)	18	5
Sat. Fat (g)	7	2
Carbohydrate (g)	41	10
Sugars (g)	10	3
Protein (g)	29	7
Salt (g)	0.19	0.05

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 7) Milk 9) Mustard 14) Sulphites

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

The Fresh Farm

60 Worship St, London EC2A 2EZ

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Roast the Potatoes

Preheat your oven to 200°C. Chop the **potatoes** into 2cm chunks (no need to peel!) and pop them on a baking tray. Drizzle with a little **oil** and season with **salt** and **black pepper**. Toss until they are nicely coated in a single layer, then roast on the top shelf of your oven until starting to crisp, 15 mins.



Prep the Veggies

Meanwhile, halve, peel and thinly slice the **shallot**. Roughly chop the **parsley** (stalks and all). Finely chop the **black garlic**.



Roast the Salmon

Once the **potatoes** have been cooking for 15 mins, remove them from your oven and lower the heat to 180°C. Turn the **potatoes** over and lay the **salmon** on the tray next to them, skin-side down. Season with **salt** and **pepper**. Use a second tray if your first is overcrowded! Roast the **salmon** and **potatoes** for another 15 mins. **IMPORTANT:** *The fish is cooked when the centre is opaque.* Once ready, remove and cover with foil to keep warm.



Make the Sauce

Meanwhile, heat a splash of **oil** in a saucepan on medium heat. Add the **shallot** and cook until soft, 5-6 mins. Add the **black garlic** and cook for 2 mins. Use a wooden spoon to break it up as it cooks. Add the **balsamic vinegar** and allow to evaporate, then stir in the **honey** (see ingredients for amount) and **half the parsley**. Pour in the **water** (see ingredients for amount) and season with **salt** and **pepper**. Simmer, stirring, until thickened slightly, 4-5 mins. Take off the heat and set aside.



Fry the Tenderstem

Heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **mustard seeds** and cook until they are starting to pop, then add the **tenderstem broccoli** to your pan. Season with **salt** and **pepper** and cook for 2 mins. Then add a splash of **water**, cover with a lid (or some foil) and steam-fry until the **veggies** are tender, 5-6 mins.



Finish and Serve

Warm up the **sauce** and stir in the **butter** so it melts. Spoon it onto your plate then arrange the **tenderstem** on the plate and top with the **salmon**. Toss the remaining **parsley** through the **potatoes** and serve them next to the **salmon** and **veggies**.

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.