



# Pesto Crusted Salmon and Lemon Butter Sauce with Potatoes and Tenderstem® Broccoli

**Premium** 40 Minutes • Little Spice • 1 of your 5 a day

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Potatoes



Echalion Shallot



Tenderstem®  
Broccoli



Green Beans



Lemon



Salmon Fillet



Panko Breadcrumbs



Grated Hard Italian  
Style Cheese



Butter



Green Pesto

## Before you start

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

## Cooking tools, you will need:

Baking Tray, Zester, Baking Paper, Bowl, Saucepan, Frying Pan (with Lid) and Aluminium Foil.

## Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Echalion Shallot**	1	1	2
Tenderstem®			
Broccoli**	80g	150g	150g
Green Beans**	80g	80g	150g
Lemon**	½	¾	1
Salmon Fillet** 4)	2	3	4
Panko			
Breadcrumbs 13)	10g	15g	20g
Grated Hard Italian Style Cheese** 7) 8)	25g	30g	40g
Green Pesto** 7)	32g	50g	64g
Water for the Sauce*	2 tbsp	3 tbsp	4 tbsp
Butter** 7)	30g	40g	60g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	503g	100g
Energy (kJ/kcal)	2665 /637	530 /127
Fat (g)	34	7
Sat. Fat (g)	15	3
Carbohydrate (g)	46	9
Sugars (g)	5	1
Protein (g)	34	7
Salt (g)	0.75	0.15

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

4) Fish 7) Milk 8) Egg 13) Gluten

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

You can recycle me!



## Roast the Potatoes

Preheat your oven to 200°C. Peel and chop the **potatoes** into 2cm chunks. Pop onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer. Roast on the middle shelf of your oven until golden, 30-35 mins, turning halfway.



## Prep

Meanwhile, halve, peel and thinly slice the **shallot**. Chop the **Tenderstem® broccoli** in half widthways. Trim and halve the **green beans**. Zest and halve the **lemon**.



## Prepare the Salmon

Line a baking tray with baking paper and lay the **salmon fillets** on top, skin-side down. Spread the **pesto** evenly over the top of each **fillet**. In a small bowl, combine the **panko breadcrumbs** with the **grated hard Italian style cheese**. Sprinkle this mixture over the **fish**, pressing it on lightly to cover all the **pesto**. Drizzle the top with **oil** and set aside - we will bake the **salmon** later. **IMPORTANT:** Wash your hands after handling raw fish.



## Cook the Salmon

When the **potatoes** have about 10 mins left, pop the **salmon** on the top shelf of your oven and bake until the top is golden, 10-12 mins. **IMPORTANT:** *The salmon is cooked when opaque in the centre.* Meanwhile, heat a drizzle of **oil** in a large frying pan on medium heat. When hot, add the **shallot** and cook until soft, stirring occasionally, 3-4 mins.



## Finish Up

Add the **Tenderstem®** and **green beans** to the pan. Season with **salt** and **pepper** and stir-fry until starting to char, 2-3 mins. Add a splash of **water** to the pan, cover with a lid and steam-fry until tender, 3-4 more mins. Once cooked, transfer to a bowl and cover with foil to keep warm. Return the pan to medium heat with the **water** (see ingredients for amount). Squeeze in the **lemon juice**, bring to the boil and whisk in the **butter** until you have a glossy sauce. Remove from the heat and season to taste with **salt**, **pepper** and a pinch of **lemon zest**.



## Serve

Divide the **crispy potatoes** between your plates and serve the **Tenderstem®** and **beans** alongside. Plate the **pesto crusted salmon** to the side and spoon the **lemon butter sauce** all around.

## Enjoy!