



Roasted Salmon and Tarragon Dressing with Butternut Squash, Beetroot and Broccoli

Classic 35 Minutes • Little Heat • 3 of your 5 a day

4



Butternut Squash



Beetroot



Broccoli



Salmon Fillet



Tarragon



Honey



Wholegrain Mustard

Before you start

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

Cooking tools, you will need:

Two Baking Trays.

Ingredients

	2P	3P	4P
Butternut Squash**	1 small	1 large	2 small
Beetroot**	1	2	2
Broccoli**	1	1	2
Salmon Fillet 4)**	2	3	4
Tarragon**	½ bunch	1 bunch	1 bunch
Honey	1 sachet	2 sachets	2 sachets
Wholegrain Mustard 9)	1 pot	1 pot	2 pots
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	616g	100g
Energy (kJ/kcal)	1856 /444	301 /72
Fat (g)	19	3
Sat. Fat (g)	4	1
Carbohydrate (g)	35	6
Sugars (g)	24	4
Protein (g)	31	5
Salt (g)	0.63	0.10

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 9) Mustard

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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Prep

Preheat your oven to 200°C. Trim the **butternut squash**, halve lengthways, scoop out the seeds. Chop it widthways into 1cm slices, then into 1cm chunks (no need to peel!). Trim and chop each **beetroot** into 1cm chunks (no need to peel). Chop the **broccoli** into **florets** (like small trees!).



Tarragon Dressing

Meanwhile, pick the **tarragon leaves** from their stalks and roughly chop (discard the stalks). In a small bowl, combine the **honey**, **mustard**, **oil** (see ingredients for amount) and **tarragon**. Mix well and season to taste.



Roast the Veg

Spread your **butternut squash** and **beetroot** on a baking tray, drizzle with **oil**, season with **salt** and **pepper** and mix well. Spread them in a single layer and roast on the top shelf of your oven until tender and golden, 25-30 mins. Turn halfway through cooking. **TIP:** Use 2 trays if you need to, your vegetables need to be nicely spread out.



And Breathe!

If you have a bit of spare time have a little tidy up or use it as an excuse to relax.



Roast the Salmon

When the vegetables have 15 mins left, pop the **salmon** onto a lined baking tray along with the **broccoli**, drizzle over some **oil** and season with **salt** and **pepper**. Roast on the middle shelf of your oven until the **broccoli** is tender and the **salmon** is cooked through, 12-15 mins. **IMPORTANT:** The fish is cooked when it is opaque in the middle.



Time to Serve

Share the **roasted squash** and **beetroot** between your plates, pop the **salmon** on top and serve the **broccoli** alongside. Drizzle over the **tarragon dressing**.

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.