



Pan-Fried Salmon

with Asparagus, New Potatoes and Chive Butter Sauce

N° 13

PREMIUM 40 Minutes • 1.5 of your 5 a day



Butter



Salad Potatoes



Asparagus



Baby Plum Tomatoes



Chives



Salmon Fillet

Before you start

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

Basic cooking tools you will need:

Two Baking Trays and Frying Pan.

Ingredients

	2P	3P	4P
Butter 7)**	30g	45g	60g
Salad Potatoes**	1 small pack	1 large pack	2 small packs
Asparagus**	1 small pack	1 large pack	1 large pack
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Chives**	½ bunch	¾ bunch	1 bunch
Salmon Fillet 4)**	2	3	4

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	442g	100g
Energy (kJ/kcal)	2151 / 514	487 / 116
Fat (g)	28	6
Sat. Fat (g)	11	3
Carbohydrate (g)	33	7
Sugars (g)	7	2
Protein (g)	24	6
Salt (g)	0.17	0.04

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 7) Milk

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly 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. Roast the Potatoes

Preheat your oven to 200°C and remove the **butter** from the fridge to allow it to come up to room temperature. Chop the **potatoes** into 2cm chunks (no need to peel) and pop on a large baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Toss to coat then spread out and roast on the top shelf of your oven until golden, 25-30 mins, turning halfway.



4. Make the Butter

Meanwhile, put the **butter** in a small bowl and mash with a fork until soft. Stir in the **chives** and season with a pinch of **salt** and **pepper**. Set aside (keep at room temperature!).



2. Prep

Meanwhile, trim and discard the bottom 2cm from the **asparagus**. Chop the **baby plum tomatoes** in half. Finely chop the **chives** (or use scissors).



5. Cook the Salmon

When the **veggies** are in the oven, heat a drizzle of **oil** in a frying pan on high heat. Season the **salmon** with **salt** and **pepper**. When the pan is hot, carefully lay in the fish skin-side down. Lower the heat slightly and fry until the skin is crisp, 4-5 mins. **TIP: Don't try and turn the fish too soon or the skin won't crisp!** Turn and cook for a further 4-5 mins. **IMPORTANT: The salmon is cooked when opaque in the centre.**



3. Roast the Veggies

Pop the **asparagus** and **tomatoes** on another baking tray and drizzle with **oil**. Season with **salt** and **pepper**, toss to coat and spread out. When the **potatoes** have 10 mins left, put the **veggies** in the oven to roast until the **asparagus** is tender and the **tomatoes** soft and sticky, 8-10 mins.



6. Serve

When the **salmon** is cooked, remove the pan from the heat and turn the **salmon fillets** so as they are skin-side down. Divide the **chive butter** between the top of each **salmon fillet** - it will melt from the heat of the **fish**. Divide the **roasted potatoes** and **veg** between your plates and finish with the **pan-fried salmon**. Drizzle over the **buttery juices** from the pan.

Enjoy!