



# Seared Salmon and Chive Butter Sauce

with Roasted New Potatoes, Asparagus and Baby Plum Tomatoes

Premium 40 Minutes • 1.5 of your 5 a day

23



Butter



Salad Potatoes



Asparagus



Baby Plum Tomatoes



Chives



Salmon Fillet

## Before you start

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

## Cooking tools, you will need:

Baking Tray 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 medium 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 ingredient	404g	100g
Energy (kJ/kcal)	2119 /507	525 /125
Fat (g)	28	7
Sat. Fat (g)	11	3
Carbohydrate (g)	32	8
Sugars (g)	5	1
Protein (g)	24	6
Salt (g)	0.17	0.04

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

4) Fish 7) Milk

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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HelloFresh UK

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## 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.



## 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).



## 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.



## 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!).



## 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.



## 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!

**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.