



SALMON IN CREAMY DIJON CHIVE SAUCE

with Roasted Potato Wedges & Lemony Zucchini

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Potatoes*



1 | 2
Zucchini



1 | 1
Lemon



¼ oz | ¼ oz
Chives



10 oz | 20 oz
Salmon
Contains: Fish



1 | 2
Veggie Stock
Concentrate



2 tsp | 2 tsp
Dijon Mustard



3 TBSP | 6 TBSP
Sour Cream
Contains: Milk



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*The ingredient you received may be a different color.



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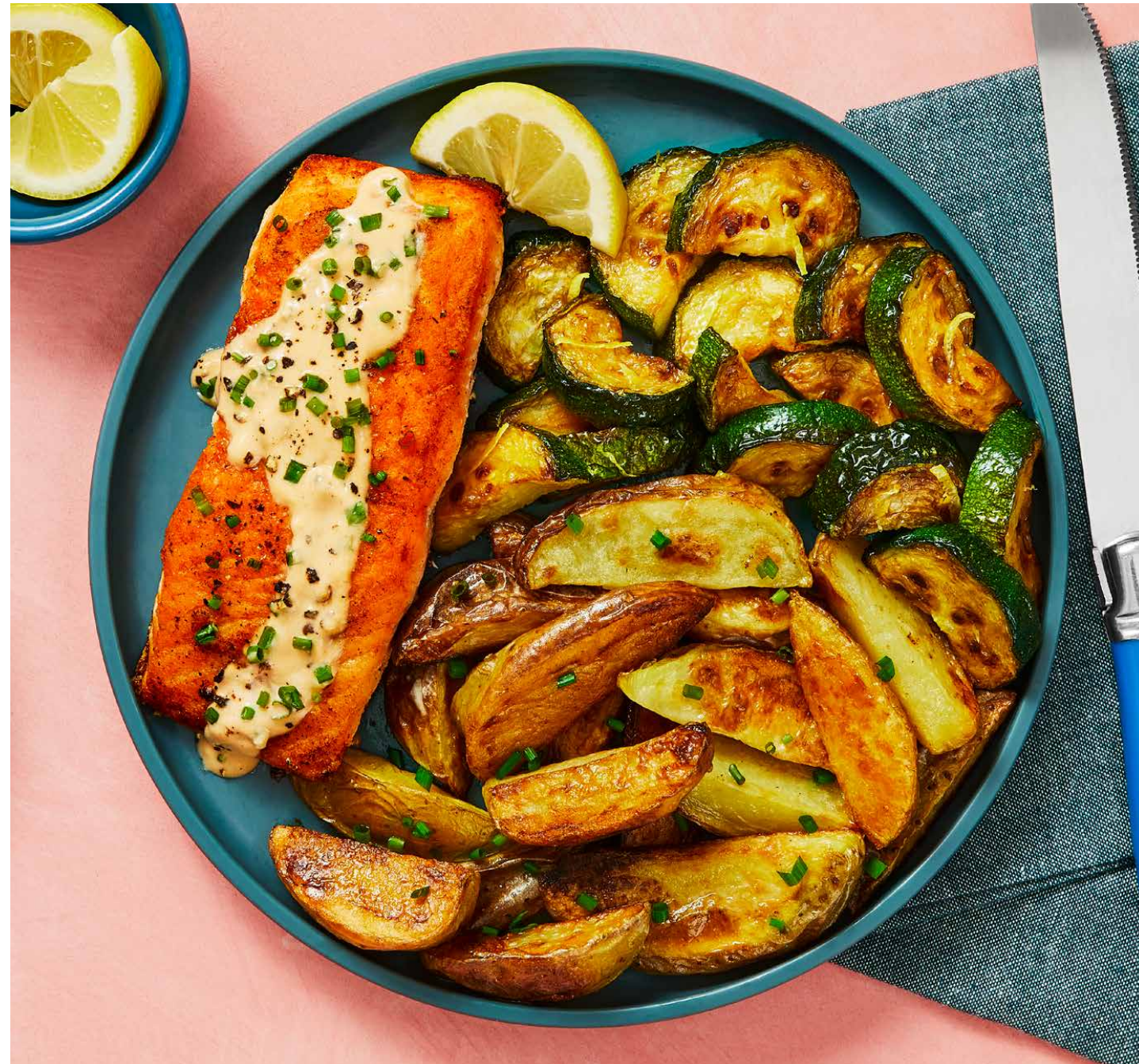
2 PERSON | 4 PERSON

If you chose to modify your meal, follow the
HelloCustom instructions on the flip side of this card.



8 oz | 16 oz
Broccoli

Calories: 690



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 780



HELLO

CHIVES

A sprinkle of this awesome allium adds a fresh, oniony bite to creamy Dijon pan sauce.

FIL-LET IT BE

A couple of quick tips to ensure crispy-skinned salmon success:

- 1) Take your fish out of the fridge 15-20 minutes before you prep. Room temperature salmon = more even cooking.
- 2) Heat your butter and oil in the pan, then add the fillets and let them do their thing (no poking or moving around!). The salmon skin will naturally release from the pan when the fish is ready to flip.

BUST OUT

- Zester
 - Paper towels
 - Baking sheet
 - Large pan
 - Large bowl
 - Kosher salt
 - Black pepper
 - Olive oil (2 TBSP | 2 TBSP)
 - Butter (2 TBSP | 3 TBSP)
- Contains: Milk

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*Salmon is fully cooked when internal temperature reaches 145°.



1 PREP

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 450 degrees. **Wash and dry produce.**
- Cut **potatoes** into ½-inch-thick wedges. Trim and halve **zucchini** lengthwise; cut crosswise into ½-inch-thick half-moons. Zest and quarter **lemon**. Mince **chives**.

- Swap in **broccoli** into bite-size pieces if necessary. (**Save potatoes for another use.**)



4 COOK FISH

- While potatoes and zucchini roast, pat **salmon*** dry with paper towels; season all over with **salt** and **pepper**.
- Heat **1 TBSP butter** and **1 TBSP olive oil** in a large pan over medium-high heat. Add salmon, skin sides down, and cook until skin is crisp and fish is almost cooked through, 5-7 minutes. Flip and cook until cooked through, 1-2 minutes more.
- Turn off heat; remove from pan and set aside. Wipe out pan.



2 ROAST POTATOES

- Toss **potatoes** on one side of a baking sheet with a **large drizzle of olive oil, salt,** and **pepper.** (For 4 servings, spread potatoes out across entire sheet.)
- Roast on top rack for 10 minutes (**you'll add the zucchini then.**)

- Swap in **broccoli** for potatoes; roast on top rack for 5 minutes.



5 MAKE SAUCE

- Return same pan to medium-high heat. Add **stock concentrate, half the mustard (all for 4 servings), juice from half the lemon,** and **¼ cup water (½ cup for 4).** Simmer until slightly thickened, 2-3 minutes. Turn off heat.
- Stir in **sour cream, half the chives,** and **1 TBSP butter (2 TBSP for 4)** until combined. (**TIP: If sauce seems too thick, add more water 1 tsp at a time until it reaches a drizzling consistency.**) Season with **salt** and **pepper.**



3 ROAST ZUCCHINI

- Meanwhile, in a large bowl, toss **zucchini** with a **drizzle of olive oil** and a **pinch of salt and pepper.**
- Once **potatoes** have roasted 10 minutes, remove sheet from oven; add zucchini to empty side. (**For 4 servings, leave potatoes roasting and add zucchini to a second sheet; roast on middle rack.**)
- Return to top rack until potatoes are golden brown and zucchini is lightly browned, 12-15 minutes more. Carefully toss zucchini with **lemon zest.**

- Simply cook through this step as instructed, adding **zucchini** to sheet with **broccoli** after 5 minutes.



6 SERVE

- Divide **salmon, potatoes,** and **zucchini** between plates. Drizzle **sauce** over salmon. Garnish with **remaining chives** if desired. Serve with **remaining lemon wedges** on the side.