



SUN-DRIED TOMATO PESTO SALMON

with Potato Fries & Buttery Greens



Flavour salmon with sun-dried tomato pesto



Potato



Broccoli



Green Beans



Lemon



Salmon



Red Pesto

Hands-on: 20 mins
Ready in: 30 mins

Low calorie

Naturally gluten-free
Not suitable for Coeliacs

Eat me first

Salmon doesn't need much to make a great meal, which is why we've kept things simple with just a few spectacular additions. Our new red pesto, with sun-dried tomato, chargrilled capsicum, basil, almonds and Parmesan gives an irresistible flavour boost, while bright green veggies and baked potato fries provide loads of veggie content.

Pantry Staples: Olive Oil, Butter (Optional)

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **oven tray** lined with **baking paper** • **large frying pan**



1 BAKE THE FRIES

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm fries. Place the potato on an oven tray lined with baking paper, **drizzle** with **olive oil** and season with a **pinch** of **salt** and **pepper**. Toss to coat, then spread out in a single layer and bake until tender, **20-25 minutes**.

TIP: Cut the potato to the correct size so it cooks in the allocated time!



2 PREP THE VEGGIES

While the fries are baking, cut the **broccoli** into small florets and roughly chop the stalk. Trim the **green beans**. Cut the **lemon** into wedges.



3 COOK THE VEGGIES

Heat a large frying pan over a medium-high heat. Add the **broccoli** and a **splash** of **water** and cook, adding extra water as needed to prevent sticking, until softened slightly, **3-4 minutes**.



4 FINISH THE VEGGIES

Add the **green beans** and another **splash** of **water** to the pan with the **broccoli**. Cook until tender, **4-5 minutes**. Add the **butter** (if using) and a **good pinch** of **salt** and **pepper**.

TIP: For the low-calorie option, season the veggies but leave out the butter. Toss to coat the veggies, then transfer to a medium bowl. Cover to keep warm.



5 COOK THE SALMON

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Pat the **salmon** dry with paper towel and season both sides with a **pinch** of **salt** and **pepper**.

TIP: Patting the skin dry helps it crisp up in the pan! When the oil is hot, add the salmon to the pan, skin-side down, and cook until just cooked through, **2-4 minutes** each side (depending on thickness).



6 SERVE UP

Divide the potato fries, salmon and buttery greens between plates. Spoon the sun-dried tomato pesto over the salmon and serve with the lemon wedges.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	2	4
broccoli	1 head	2 heads
green beans	1 bag (100 g)	1 bag (200 g)
lemon	1	2
butter (optional)*	20g	40g
salmon	1 packet	1 packet
red pesto	1 tub (50 g)	1 tub (100 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2250kJ (537Cal)	392kJ (94Cal)
Protein (g)	39.7g	6.9g
Fat, total (g)	24.8g	4.3g
- saturated (g)	3.4g	0.6g
Carbohydrate (g)	32.6g	5.7g
- sugars (g)	12.7g	2.2g
Sodium (g)	139mg	24mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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