



BASIL PESTO SALMON

with Kumara Fries & Buttery Greens



Flavour salmon
with pesto



Kumara



Broccoli



Green Beans



Lemon



Traditional Pesto



Salmon

Hands-on: **20** mins
Ready in: **30** mins

Eat me first

Fresh and vibrant salmon doesn't need much to make it a delicious meal, that's why we've gone simple and spectacular with our additions. Bright green veggies and baked kumara fries provide loads of veggie content, while a smear of tasty pesto adds a flavour boost.

Pantry Staples: Olive Oil, Butter

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 **kumara** (unpeeled) into 1cm fries. Place the kumara 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 bake for **20-25 minutes** or until tender. **TIP:** *Cut the kumara to the correct size to ensure it cooks in the allocated time!*



2 PREP THE VEG

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 FLAVOUR THE SALMON

In a medium bowl, combine **1/2** the **traditional pesto** (**1/4 tub for 2 people / 1/2 tub for 4 people**) with a **generous pinch** of **salt** and **pepper**. Pat the **salmon** fillets dry, add to the pesto mixture and gently toss to coat.



4 COOK THE BUTTERY GREENS

Heat a large frying pan over a medium-high heat. Add the **broccoli** and a **splash** of **water**, and cook, adding more water as it evaporates, for **3-4 minutes** or until softened. Add the **green beans** and a splash more water. Cook for a further **4-5 minutes** or until tender. Add the **butter** and a **good pinch** of **salt** and **pepper**. Toss to coat the veggies in the seasoned butter, then transfer to a medium bowl. Cover to keep warm.



5 COOK THE SALMON

Return the frying pan to a medium heat with a **drizzle** of **olive oil**. Add the **salmon** to the pan, skin-side down, and cook for **3-4 minutes** on each side (depending on thickness), or until just cooked through.



6 SERVE UP

Divide the kumara fries, pesto salmon and buttery greens between plates. Spoon the remaining pesto (**1/4 tub for 2 people / 1/2 tub for 4 people**) over the salmon and serve with the lemon wedges.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
kumara	2	4
broccoli	1 head	2 heads
green beans	1 bag (100 g)	1 bag (200 g)
lemon	1	2
traditional pesto	½ tub (50 g)	1 tub (100 g)
salmon	1 packet	2 packets
butter*	20 g	40 g

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2220kJ (531Cal)	390kJ (93Cal)
Protein (g)	39.3g	6.9g
Fat, total (g)	25.3g	4.5g
- saturated (g)	8.3g	1.5g
Carbohydrate (g)	30.9g	5.4g
- sugars (g)	12.9g	2.3g
Sodium (g)	201mg	35mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
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2019 | WK7

