

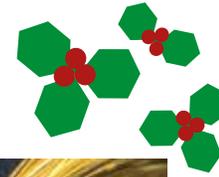


# Apple Crumble

with Cinnamon Apple Filling

Premium 45 Minutes

26



Apple



Caster Sugar



Ground Cinnamon



Butter



Plain Flour



Granola



Crème Fraîche

## Before you start

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

## Cooking tools, you will need:

Mixing Bowl and Ovenproof Dish.

## Ingredients

	2P	3P	4P
Apple**	4	6	8
Caster Sugar	38g	55g	75g
Ground Cinnamon	1 pot	1 pot	2 pots
Butter 7)**	2 blocks	3 blocks	4 blocks
Plain Flour 13)	88g	120g	176g
Granola 13)	30g	60g	60g
Crème Fraîche 7)**	50g	100g	100g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	337g	100g
Energy (kJ/kcal)	3349 /801	994 /238
Fat (g)	53	16
Sat. Fat (g)	29	9
Carbohydrate (g)	86	26
Sugars (g)	39	12
Protein (g)	8	2
Salt (g)	0.08	0.02

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 13) Gluten

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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1



2



3



## Make the Filling

Turn your oven down to 200°C. Peel your **apples**, quarter, core and roughly chop them. Reserve ½ tsp of the **sugar** per person and set aside. Pop the **apples** in a medium bowl along with the **ground cinnamon** and **half** the remaining **sugar**. Mix well ensuring the **apples** are evenly coated. Set aside.

## Make Your Topping

Chop your **butter** into 1cm pieces. In a large bowl combine the **flour** and the remaining **sugar**. Add the **chopped butter** and rub it in with your fingertips until the mixture looks like breadcrumbs. Add the **granola** and mix through. Pop the **apple mixture** into an appropriately sized ovenproof dish. Evenly top with the **crumble mixture** and sprinkle over the **reserved sugar**.

## Bake and Serve

Pop the **crumble** into the oven on the top shelf and bake until the **crumble** is golden and the **apple** is bubbling, 35-40 mins. Allow to cool slightly before serving. Serve in bowls with a dollop of **crème fraîche**.

## Enjoy!



**There may be changes to ingredients in recipes:**

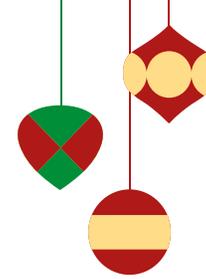
**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.



# Herby Crusted Salmon with Cheesy Dauphinoise and Mangetout

Premium 35 Minutes



Potato



Garlic Clove



Chives



Panko Breadcrumbs



Salmon fillet



Crème Fraîche



Vegetable  
Stock Powder



Grated Hard Italian  
Style Cheese



Purple Sprouting  
Broccoli



Mangetout

## Before you start

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

## Cooking tools, you will need:

Saucepan, Measuring Jug, Fine Grater (or Garlic Press), Baking Tray, Ovenproof Dish and Frying Pan.

## Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Garlic Clove**	1	2	2
Chives**	1 bunch	1 bunch	1 bunch
Panko Breadcrumbs <b>13)</b>	25g	25g	50g
Olive Oil for the Crumb*	1.5 tbsp	2 tbsp	3 tbsp
Salmon Fillet <b>4)**</b>	2 fillets	3 fillets	4 fillets
Crème Fraîche <b>7)**</b>	100g	175g	200g
Vegetable Stock Powder <b>10)</b>	1 sachet	2 sachets	2 sachets
Grated Italian Style Hard Cheese <b>7) 8)</b>	1 pack	1 pack	2 packs
Purple Sprouting Broccoli**	1 small pack	1 large pack	1 large pack
Mangetout**	1 small pack	1 small pack	1 large pack
Water for the Potato*	75ml	100ml	150ml

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>450g</b>	<b>100g</b>
Energy (kJ/kcal)	2242 /536	498 /119
Fat (g)	20	4
Sat. Fat (g)	7	1
Carbohydrate (g)	54	12
Sugars (g)	3	1
Protein (g)	37	8
Salt (g)	1.34	0.30

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

**4)** Fish **7)** Milk **8)** Egg **10)** Celery **13)** Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

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## Get Started

If you want to eat your pudding straight after your main, follow **step 1 and 2** of the **crumble** recipe before you start preparing the main. Pop the **crumble** in your oven once you've finished cooking the **salmon** and you're plating up.

Preheat your oven to 200°C. Bring a large saucepan of **water** to the boil with ½ tsp **salt**. Peel and slice the **potatoes** into 1cm wide slices. Add them to your boiling **water** and simmer until just tender, 8-12 mins. **TIP: The potatoes are cooked when you can easily slip a knife through them.** Once cooked, reserve some of the **potato cooking water** (see ingredient list for how much you need), then carefully drain in a colander.



## Bake!

Lay the **cooked potato slices** in layers in an appropriately sized ovenproof dish, then pour over the **creamy mixture**. Bang the dish carefully a couple of times on a hard surface to get any air bubbles out. Sprinkle over the remaining **cheese**. Bake on the top shelf of your oven until golden brown and bubbly, 15-20 mins. **TIP: Put the dish on a baking tray to catch any drips.**



## Finish the Prep

Meanwhile, peel and grate the **garlic** (or use a garlic press). Finely chop the **chives** (use scissors if you'd prefer). Pop the **breadcrumbs** in a bowl and add the **olive oil** (see ingredients for amount) and **half the chives**. Season with **salt** and **pepper**, mix together. Lay the **salmon** on a baking tray lined with baking paper and spread 1 tsp of **crème fraîche** on each fillet. Top with the **breadcrumbs**, pressing them down to ensure they stick. Set aside.



## Bake the Salmon

When the **potatoes** have been in the oven for 5 mins, pop the **salmon** on the middle shelf to bake until the **crumbs** are golden and the **salmon** cooked through, 10-15 mins. **IMPORTANT: The salmon is cooked when opaque all the way through.** While the salmon cooks, get your washing up done, then heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **purple sprouting broccoli** and cook for 2-3 mins. Add a splash of **water** to the pan, cover with a lid or some tin foil and steam fry until almost tender, 4-5 mins.



## Make the Sauce

When the **potatoes** are cooked and drained, pop your empty pan back on medium heat and add the remaining **crème fraîche**, the **reserved potato water**, **stock powder**, **garlic** and **half the hard Italian style cheese**. Stir to mix, bring to the boil, then remove from the heat. Taste and season with **salt** and **pepper** if needed.



## Finish and Serve

Once the **broccoli** is almost tender, add the **mangetout** to the pan, season with **salt** and **pepper**, cover with a lid again and allow to steam until the **mangetout** is tender, 2-3 more mins. Remove the pan from the heat. Carefully transfer the **salmon** to plates and add a generous spoonful of **dauphinoise potato**. Finish with the **purple sprouting broccoli**, **mangetout** and a sprinkle of **chives**.

## Enjoy!

