



LEMON BUTTER SOCKEYE SALMON

with Asparagus Amandine and Horseradish Potato Mash



HELLO

ALASKA SOCKEYE SALMON
 Always wild and sustainable, this premium quality salmon is unsurpassed in flavor, color and texture, plus it cooks quickly.

*Wild, Natural & Sustainable**

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 800

- Yukon Gold Potatoes
- Chives
- Wild Alaska Sockeye Salmon (Contains: Fish)
- Sliced Almonds (Contains: Tree Nuts)
- Milk (Contains: Milk)
- Asparagus
- Lemon
- Fry Seasoning
- Horseradish Powder
- Veggie Stock Concentrate

START STRONG

Another way to prep chives? Ditch the knife and grab your kitchen shears! Gather the chives into a tight bunch, hold over your cutting board, then snip them into tiny pieces.

BUST OUT

- Medium pot
- Potato masher
- Zester
- Small bowl
- 2 Baking sheets
- Medium pan
- Paper towels
- Kosher salt
- Strainer
- Black pepper
- Olive oil (1 TBSP | 1 TBSP)
- Butter (4 TBSP | 7 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient **2-person** | **4-person**

- Yukon Gold Potatoes **12 oz** | **24 oz**
- Asparagus **6 oz** | **12 oz**
- Chives **¼ oz** | **½ oz**
- Lemon **1** | **2**
- Wild Alaska Sockeye Salmon* **10 oz** | **20 oz**
- Fry Seasoning **1 TBSP** | **1 TBSP**
- Horseradish Powder **1 tsp** | **2 tsp**
- Milk **6.75 oz** | **13.5 oz**
- Veggie Stock Concentrate **1** | **2**
- Sliced Almonds **1 oz** | **1 oz**

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

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.

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1 COOK POTATOES AND PREP

Preheat oven to 450 degrees. **Wash and dry all produce.** Dice **potatoes** into ½-inch pieces; place in a medium pot with enough **salted water** to cover by 2 inches. Bring to a boil and cook until tender, 15-20 minutes. Meanwhile, trim and discard woody bottom ends from **asparagus**. Finely chop **chives**. Zest and quarter **lemon**.



4 MASH POTATOES

Once **potatoes** are tender, drain and return to pot. Mash over low heat with **2 TBSP butter** (4 TBSP for 4 servings), half the **horseradish powder**, and **milk** (add a few splashes at a time until smooth). Taste and add more horseradish powder if desired. Stir in half the **chives** (you'll use the rest later). Season generously with **salt** and **pepper**. Keep covered off heat until ready to serve.



2 SEASON ASPARAGUS AND FISH

Toss **asparagus** on a baking sheet with a drizzle of **olive oil**, **salt**, and **pepper**. Pat **salmon** dry with paper towels; rub fillets all over with a drizzle of **olive oil** and season generously with **salt** and **pepper**. Rub flesh sides of fillets with half the **Fry Seasoning** (all for 4 servings); place on a separate, lightly **oiled** baking sheet.



3 ROAST ASPARAGUS AND FISH

Roast **asparagus** on middle rack for 5 minutes. Once asparagus has roasted 5 minutes, add **salmon** to top rack and continue roasting until asparagus is tender and lightly browned and salmon is opaque and cooked through, 5-7 minutes more.



5 START SAUCE AND TOAST ALMONDS

Meanwhile, in a small bowl, combine **¼ cup water** (⅓ cup for 4 servings), **stock concentrate**, a big squeeze of **lemon juice**, and half the **lemon zest**; set aside. Heat a medium, dry pan over medium-high heat. Add **almonds** and cook, stirring, until golden brown, 2-4 minutes. Transfer to a plate. To same pan over medium-high heat, pour in **stock mixture**. Bring to a boil and cook until slightly thickened, 2-3 minutes. Turn off heat.



6 FINISH AND SERVE

Stir **2 TBSP butter** (3 TBSP for 4 servings) into **sauce** until melted, then stir in remaining **chives**. Taste and season with **salt**, **pepper**, and more **lemon juice** if desired. Toss **asparagus** with remaining **lemon zest** and as many **toasted almonds** as you like. Divide asparagus, **potatoes**, and **salmon** between plates. Spoon **sauce** over salmon. Serve with any remaining **lemon wedges** on the side.

GIDDY UP

Have any leftover horseradish powder? Mix it with mayo or sour cream for spreading on sandwiches.

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