



# OVEN-BAKED SALMON

WITH BLACK GARLIC BUTTER SAUCE, STEAM-FRIED VEGGIES AND ROASTED NEW POTATOES



SPECIALITY INGREDIENT



## HELLO BLACK GARLIC

*Gently heat-aged over months, this garlic develops a sweet, balsamic flavour*



New Potatoes



Echalion Shallot



Flat Leaf Parsley



Black Garlic Clove



Salmon Fillet



Balsamic Vinegar



Honey



Water



Mustard Seeds



Sugar Snap Peas



Tenderstem Broccoli



Netherend Butter

40 mins

2 of your 5 a day

Have you tried black garlic before? We get ours from the Garlic Farm on the Isle of Wight. It's got plenty of weird and wonderful uses - we've seen black garlic ice cream and also vodka! It's even delicious eaten on its own like sweets! Tonight though, we're using it in a sauce for flaky, oven-baked salmon. Hope you love it as much as we do!

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Baking Tray, Baking Paper**, some **Foil**, a **Saucepan, Measuring Jug** and **Frying Pan** (with a **Lid**). Now, let's get cooking!



### 1 ROAST THE POTATOES

Preheat your oven to 220°C. Halve the **new potatoes** (no need to peel) and pop them on a lined baking tray. ★ **TIP:** *Make sure they are in a single layer so they can get crispy.* Drizzle with a little **oil** and sprinkle with **salt** and **black pepper**. Toss until they are nicely coated, then roast on the top shelf of your oven for 15 mins.



### 2 PREP THE VEGGIES

Halve, peel and slice the **shallot** into thin half moons. Pick the **parsley leaves** from their **stalks**. Finely chop both but keep them separate. Squash the **black garlic** under the blade of a knife (it will break up more once cooked).



### 3 ROAST THE SALMON

Once the potatoes have been cooking for 15 mins, remove them from your oven and lower the heat to 180°C. Turn the **potatoes** over and lay the **salmon** on the tray, skin-side down. Season with **salt** and **black pepper**. Use a second tray if you need to - you don't want overcrowding! Roast the **salmon** and **potatoes** for another 15 mins. ★ **TIP:** *The fish is cooked when the centre is opaque.* Once ready, remove and cover with foil to keep warm.



### 4 MAKE THE SAUCE

Meanwhile, put a drizzle of **oil** in a small saucepan on medium heat. Add the **shallot** and cook until softened, 6 mins. Add the **black garlic** and cook for 2 more mins. Use a wooden spoon to break it up as it cooks. Add the **balsamic vinegar** and allow to evaporate, then add the **honey** and **parsley stalks**. Stir and pour in the **water** (amount specified in the ingredient list). Simmer until syrupy, 5 mins. Take off the heat and set aside.



### 5 FRY THE VEGGIES

Put a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **mustard seeds** and cook until they are starting to pop, then add the **sugar snaps** and **broccoli** to your pan. Season with **salt** and **black pepper** and cook for 2 mins. Then add a splash of **water**, cover with a lid (or foil) and steam-fry until the veggies are tender, 5-6 mins.



### 6 FINISH AND SERVE

Warm up your **sauce** and stir in the **butter** so it melts. Spoon it onto your plate (in a semicircle sweep if you want to be fancy). Arrange the **veggies** on the plate and top with the **salmon**. Toss the **parsley** through the **potatoes** and serve them next to your medley of **salmon** and **veg**. **Enjoy!**

## 2 PEOPLE INGREDIENTS

New Potatoes, halved	1 pack
Echalion Shallot, sliced	1
Flat Leaf Parsley, chopped	1 bunch
Black Garlic Clove, squashed	5
Salmon Fillet 4)	2
Balsamic Vinegar 12)	1 tbsp
Honey	1 tbsp
Water*	75ml
Mustard Seeds 10)	1 tsp
Sugar Snap Peas	1 pack
Tenderstem Broccoli	1 pack
Netherend Butter 7)	15g

\*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	571	119
(kJ)	2392	497
Fat (g)	26	5
Sat. Fat (g)	8	2
Carbohydrate (g)	51	11
Sugars (g)	16	3
Protein (g)	36	8
Salt (g)	0.18	0.04

### ALLERGENS

4)Fish 7)Milk 10)Mustard 12)Sulphites

### PAIR THIS MEAL WITH

An aromatic white like a Gewürztraminer



#### ENJOYING OUR PREMIUM RECIPES?

Or if you just have feedback in general, please get in touch on **0207 138 9055**, or shoot an email to **hello@hellofresh.co.uk** and we'll get back to you.

You made this, now show it off! Share your creations with us:

