



# PAN-FRIED SALMON

## WITH WARM POTATO SALAD AND HERITAGE TOMATOES



SPECIALITY INGREDIENT



HELLO SALMON

Salmon can be three different colours over the course of their life: starting with a light spotted colour, then a silvery blue colour and finally a deep red back with a green head!



New Potatoes



Premium Tomatoes



Dill



White Wine Vinegar



Salmon Fillet



Cider & Horseradish Wholegrain Mustard



Crème Fraîche



Rocket

MEAL BAG

35 mins

1 of your 5 a day

Chef Lizzie has expertly combined fresh, classic ingredients for a premium recipe that won't disappoint, and one that you'll be recreating time and time again. Pan-fried salmon fillets with a perfectly crispy skin and warm new potato salad might look like the showstoppers, but it's the delicately seasoned premium tomatoes that will steal your heart. Sweet, juicy, delicious - the flavour speaks for itself.

# BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan, Colander, Mixing Bowl** and **Frying Pan**. Now let's get cooking!



## 1 BOIL THE POTATOES

Put a large saucepan of **water** with a pinch of **salt** on to boil for the potatoes. Chop the **new potatoes** into 2cm chunks and add to the pan of water. Boil until cooked, 10-12 mins. **TIP:** *The potato is cooked when you can easily slip a knife through.* Drain in a colander and allow to sit for a few minutes before returning to the pan, off the heat.



## 2 PREP THE SALAD

Halve the **tomatoes** (quarter any particularly large ones) and pop in a mixing bowl. Finely chop the **dill** (stalks and all), reserving a few fronds for decorating. Stir the **white wine vinegar, olive oil** (see ingredients for amount) and a pinch of **sugar** (if you have any) into the **tomatoes**. Season well with **salt** and **pepper** and set aside.



## 3 FRY THE SALMON

Meanwhile, heat a frying pan on high heat with a drizzle of **oil**. Season the **salmon** on both sides with a pinch of **salt** and **pepper**. Lay the **salmon** in the pan, skin-side down, lower the heat to medium and fry until the skin is crisp, 6-8 mins. Turn and cook on the other side for a minute or so.

**IMPORTANT:** *The salmon is cooked when opaque in the centre.*



## 4 DRESS THE POTATOES

As the **salmon** cooks, stir the **cider and horseradish mustard, crème fraîche** and chopped **dill** through the warm **potatoes**, gently crushing them with a fork as you do (this isn't a mash; it's a refined crush!). Season well with **salt** and **pepper**.



## 5 FINISH UP

Just before you are ready to serve, toss the **rocket** through the **tomato salad**.



## 6 SERVE

Serve the **warm crushed potatoes** on plates topped with a **salmon fillet**. Artfully arrange the **rocket and tomato salad** around the plate and finish with a few fronds of reserved **dill**. **Enjoy!**

# 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
New Potatoes	1 small pack	1 large pack	2 small packs
Premium Tomato Mix	1 small punnet	1 large punnet	1 large punnet
Dill	1 bunch	1 bunch	1 bunch
White Wine Vinegar (14)	1 sachet	1 sachet	2 sachets
Olive Oil*	2 tbsp	3 tbsp	4 tbsp
Salmon Fillet (4)	2	3	4
Cider & Horseradish Wholegrain Mustard (9) (14)	2 pots	3 pots	4 pots
Crème Fraîche (7)	¾ pouch	1 pouch	1½ pouches
Rocket	1 bag	1½ bags	2 bags

\*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 488G	PER 100G
Energy (kJ/kcal)	2678/ 640	548/ 131
Fat (g)	46	9
Sat. Fat (g)	25	5
Carbohydrate (g)	39	8
Sugars (g)	9	2
Protein (g)	26	5
Salt (g)	0.74	0.15

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

4) Fish 7) Milk 9) Mustard 14) Sulphites

### PAIR THIS MEAL WITH

A white wine like an oak aged Chardonnay

**Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.**

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