



Pesto Crusted Salmon & Lemon Butter Sauce with Roast Potatoes, Green Beans and Tenderstem® Broccoli

30

Premium 40-45 Minutes • 1 of your 5 a day



Potatoes



Red Onion



Tenderstem®
Broccoli



Green Beans



Lemon



Salmon Fillet



Green Pesto



Panko
Breadcrumbs



Grated Hard Italian
Style Cheese



Unsalted Butter

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, zester, baking paper, bowl, frying pan and whisk.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Red Onion**	1	1	2
Tenderstem® Broccoli**	80g	150g	150g
Green Beans**	80g	80g	150g
Lemon**	½	¾	1
Salmon Fillet** 4)	2	3	4
Green Pesto** 7)	32g	50g	64g
Panko Breadcrumbs 13)	10g	15g	20g
Grated Hard Italian Style Cheese** 7) 8)	40g	40g	40g
Water for the Sauce*	50ml	75ml	100ml
unsalted Butter** 7)	30g	60g	60g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	537g	100g
Energy (kJ/kcal)	3111/744	579/139
Fat (g)	40	7
Sat. Fat (g)	16	3
Carbohydrate (g)	53	10
Sugars (g)	7	1
Protein (g)	33	6
Salt (g)	0.83	0.15

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 7) Milk 8) Egg 13) Cereals containing Gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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Roast the Potatoes

Preheat your oven to 200°C. Peel and chop the **potatoes** into 2cm chunks. Pop onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer. Roast on the middle shelf of your oven until golden, 30-40 mins. Turn halfway through.



Bake the Fillets

When the **potatoes** have about 10 mins left, pop the **salmon** on the top shelf of your oven and bake until the top is golden, 10-12 mins. **IMPORTANT:** *The salmon is cooked when opaque in the middle.* Meanwhile, heat a drizzle of **oil** in a large frying pan on medium heat. When hot, add the **onion** and cook until soft, stirring occasionally, 3-4 mins.



Prep your Veg

Meanwhile, halve, peel and thinly slice the **red onion**. Chop the **Tenderstem® broccoli** in half widthways. Halve any large **broccoli** stalks lengthways. Trim and halve the **green beans**. Zest and halve the **lemon**.



Finish Up

Add the **Tenderstem®** and **green beans** to the pan. Season with **salt** and **pepper** and stir-fry until starting to char, 2-3 mins. Add a splash of **water** to the pan, cover with a lid and steam-fry until tender, 3-4 more mins. Once cooked, transfer to a bowl and cover to keep warm. Return the pan to medium heat. Squeeze in the **lemon juice** and add the **water for the sauce** (see ingredients for both amounts). Bring to the boil, then lower the heat and vigorously whisk in the **butter** until you have a light, glossy **sauce**, 2-3 mins. Remove from the heat and season to taste with **salt**, **pepper** and a pinch of **lemon zest**.



Crumb the Salmon

Line a baking tray with baking paper and lay the **salmon fillets** on top, skin-side down. Spread the **pesto** evenly over the top of each **fillet**. In a small bowl, combine the **panko breadcrumbs** with the **grated hard Italian style cheese**. Sprinkle over the **fish**, pressing it on lightly to cover all the **pesto**. Drizzle the top with **oil** and set aside for baking later. **IMPORTANT:** *Wash your hands and equipment after handling raw fish.*



Serve

Divide the **crispy potatoes**, **Tenderstem®** and **green beans** between your plates. Serve the **pesto crumbed salmon** alongside and spoon the **lemon butter sauce** all around.

Enjoy!