



# Roasted Salmon and Hasselback Potatoes

with Samphire & Dill Salsa and Roasted Fennel & Tomatoes

N° 19

**PREMIUM** 45 Minutes • 2 of your 5 a day



Salad Potatoes



Fennel



Baby Plum Tomatoes



Lemon



Dill



Capers



Samphire



Salmon

## Before you start

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

### Basic cooking tools, you will need:

Two Baking Trays, Saucepan and Sieve.

### Ingredients

	2P	3P	4P
Salad Potatoes**	1 small pack	1 large pack	2 small packs
Fennel**	1	2	2
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Lemon**	½	¾	1
Dill**	1 bunch	1 bunch	1 bunch
Capers	1 small pot	1 large pot	1 large pot
Samphire**	1 pack	2 packs	2 packs
Olive Oil for the Salsa*	2 tbsp	3 tbsp	4 tbsp
Salmon 4)**	2	3	4

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	523g	100g
Energy (kJ/kcal)	1768 /423	338 /81
Fat (g)	20	4
Sat. Fat (g)	4	1
Carbohydrate (g)	37	7
Sugars (g)	8	2
Protein (g)	27	5
Salt (g)	0.78	0.15

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

#### 4) Fish

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.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

#### Thumbs up or thumbs down?

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HelloFresh UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ

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Packed in the UK



## 1. Make the Hasselbacks

Preheat your oven to 200°C. Place a few **potatoes** at a time in between two wooden spoon handles (see picture). Make slices width ways at 3mm intervals, making sure not to cut the whole way through. Repeat with the remaining **potatoes**, put the **potatoes** on a large baking tray. Season with a generous pinch of **salt** and **pepper** and drizzle with **oil**. Toss to coat then roast on the top shelf of your oven until golden and tender, 30-40 mins.



## 4. Finish the Salsa

Add the **samphire** to the bowl with the **capers** and **dill** with the **olive oil** (see ingredients for amount) and squeeze in the **lemon juice**. Taste and season with **salt** and **pepper** but be careful as both the **samphire** and **capers** are quite salty! Set aside.



## 2. Fennel Time

Cut the **fennel** in half lengthways, remove the triangle root in the middle, then quarter lengthways. Pop onto another roasting tray, drizzle with **oil** and season with **salt** and **pepper**. Toss to coat then spread out and roast on the middle shelf of your oven until golden, 25-30 mins, turning halfway through. When you turn the **fennel**, add the **baby plum tomatoes** with a drizzle more **oil** and season with **salt** and **pepper**. Return to the oven for the remaining time.



## 5. Salmon Time

About 15 minutes before the **potatoes** and **vegetables** are ready, remove the **potato** tray from the oven and move the **potatoes** to one side. Lay the **salmon fillets** (skin side down) onto the baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Return to the oven and roast for 12-15 mins. **IMPORTANT:** The fish is cooked when the centre is opaque.



## 3. Salsa Time

Put a small saucepan of **water** on to boil to cook the **samphire** in later. Halve the **lemon**. Finely chop the **dill** (stalks and all). Pop the **dill** and **capers** into a small bowl. Once the pan of **water** is boiling, drop the **samphire** in and cook until tender, 2-3 mins. Drain in a sieve and run under cold water, this helps to keep its colour and stops it cooking further.



## 6. Serve!

When everything is ready, divide the **potatoes**, **roasted vegetables** and **salmon** between plates. Drizzle over the **samphire salsa**.

## 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.