



SEARED SALMON & SAGE BUTTER

with Mashed Potato & Garlicky Green Beans



Make a sage butter sauce



Potato



Green Beans



Garlic



Lemon



Sage



Salmon

Hands-on: 20 mins
Ready in: 30 mins

Eat me first

Classic ingredients don't need much to elevate them to a sensational meal. Take this delicious salmon – it just gets simply seared then topped with a sage-infused browned butter for a meal that's low on effort and high on taste.

Pantry Staples: Olive Oil, Milk, Butter

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **medium frying pan**



1 GET PREPPED

Bring a medium saucepan of lightly salted water to the boil. Peel the **potato** and cut into 2cm chunks. Trim the **green beans**. Finely chop the **garlic** (or use a garlic press). Cut the **lemon** in half. Pick the **sage** leaves.



2 MAKE THE MASH

Add the **potato** to the saucepan of boiling water and cook until easily pierced with a knife, **10-15 minutes**. Drain and return to the saucepan. Add the **milk**, the **salt**, **1/2** the **butter** and a **pinch** of **pepper** to the saucepan with the potato. Mash with a potato masher or fork until smooth. Cover with a lid to keep warm.



3 COOK THE BEANS

While the potato is cooking, heat a **drizzle** of **olive oil** in a medium frying pan over a medium-high heat. Add the **green beans** and cook, tossing, until just tender, **4-5 minutes**. **TIP:** Add a dash of water to help the beans cook faster! Add **1/2** the **garlic** and cook until fragrant, **1 minute**. Season with a **pinch** of **salt** and **pepper**. Transfer to a plate and cover to keep warm.



4 COOK THE SALMON

Pat the **salmon** dry with paper towel and season both sides with salt and pepper. Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Once hot, add the salmon to the pan, skin-side down, and cook until just cooked through, **2-4 minutes** each side (depending on thickness). Transfer to a plate. **TIP:** Salmon can be served slightly blushing in the middle.



5 MAKE THE SAGE BUTTER

Return the frying pan to a medium heat and add the **remaining butter**, the **sage** and **remaining garlic**. Cook until the butter has melted and browned slightly, **1-2 minutes**. Remove the pan from the heat and add a **squeeze** of **lemon juice** and a **pinch** of **pepper**. Slice any remaining lemon into wedges. **TIP:** Seasoning is key in this sauce. Taste and add more lemon juice, salt or pepper if you like.



6 SERVE UP

Divide the mashed potato, salmon and garlicky green beans between plates. Spoon over the sage butter and serve with any remaining lemon wedges.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	3	6
green beans	1 bag (200g)	1 bag (400g)
garlic	2 cloves	4 cloves
lemon	1	2
sage	1 bunch	1 bunch
milk*	2½ tbs	½ cup
salt*	¼ tsp	½ tsp
butter*	50g	100g
salmon	1 packet	1 packet

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2400kJ (574Cal)	466kJ (111Cal)
Protein (g)	35.7g	6.9g
Fat, total (g)	32.0g	6.2g
- saturated (g)	16.2g	3.1g
Carbohydrate (g)	33.3g	6.5g
- sugars (g)	4.1g	0.8g
Sodium (g)	464mg	90mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

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