



Roasted Salmon and Creamy Pesto Sauce with Hasselback Potatoes and Mustard Tenderstem®

32

Salmon Special 45-50 Minutes • 1 of your 5 a day



Salad Potatoes



Mixed Herbs



Tenderstem® Broccoli



Echalion Shallot



Garlic Clove



Salmon Fillets



Wholegrain Mustard



Creme Fraiche



Fresh Pesto

Pantry Items
Oil, Salt, Pepper

Before you start

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

Cooking tools

Baking tray, garlic press, frying pan, lid, bowl and aluminium foil.

Ingredients

Ingredients	2P	3P	4P
Salad Potatoes	350g	500g	700g
Mixed Herbs	1 sachet	1 sachet	2 sachets
Tenderstem® Broccoli**	150g	200g	280g
Echalion Shallot**	1	1½	2
Garlic Clove**	1	2	3
Salmon Fillets** 4)	2	3	4
Wholegrain Mustard 9)	17g	25g	34g
Creme Fraiche** 7)	75g	120g	150g
Fresh Pesto** 7)	32g	50g	64g

Pantry	2P	3P	4P
Water for the Sauce*	75ml	110ml	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving 449g	Per 100g 100g
Energy (kJ/kcal)	2674 /639	596 /142
Fat (g)	36.3	8.1
Sat. Fat (g)	12.1	2.7
Carbohydrate (g)	45.2	10.1
Sugars (g)	8.3	1.9
Protein (g)	29.6	6.6
Salt (g)	0.95	0.21

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

4) Fish 7) Milk 9) Mustard

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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Hasselback Time

Preheat your oven to 220°C/200°C fan/gas mark 7.

Place a few **potatoes** at a time in between two wooden spoon handles on a board. Make slices widthways at 3mm intervals, making sure not to cut the whole way through. Repeat with the remaining **potatoes**.

Put the **potatoes** onto a large baking tray. Drizzle with **oil**, sprinkle over the **mixed herbs**, then season with **salt** and **pepper**. Toss to coat, then spread out in a single layer.

When the oven is hot, roast on the top shelf until golden and tender, 35-40 mins.



Cook the Veg

Meanwhile, heat a drizzle of **oil** in a large frying pan on high heat.

Once hot, add the **broccoli** and **shallot**. Season with **salt** and **pepper**, then stir-fry for 2-3 mins.

Stir in the **garlic**, turn the heat down to medium and cook for 1 min.

Add a splash of **water** and immediately cover with a lid or some foil. Allow to cook until the **veg** is tender, 2-3 mins more, then stir through the **mustard** until well combined.



Get Prepped

While the **potatoes** roast, halve any thick **broccoli stems** lengthways.

Halve, peel and chop the **shallot** into small pieces.

Peel and grate the **garlic** (or use a garlic press).



Hey Pesto

Transfer the **mustard broccoli** to a bowl, then cover with foil to keep warm. Wipe the frying pan clean.

When the **salmon** and **potatoes** are almost ready, return the (now empty) frying pan to medium heat.

Pour in the **water for the sauce** (see pantry for amount), **creme fraiche** and **pesto**. Stir well and bring to the boil, then reduce the heat to low and simmer until slightly thickened, 2 mins.

Taste the **sauce** and season with **salt** and **pepper** if needed, then remove from the heat.



Bring on the Salmon

About 15 mins before the **potatoes** are cooked, lay the **salmon**, skin-side down, onto a lined baking tray. Season with **salt** and **pepper**.

Move the **potatoes** to the middle shelf and roast the **salmon** on the top shelf for the remaining cooking time until the **salmon** is cooked through, 10-15 mins. **IMPORTANT:** Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle.



Serve

When everything's ready, share the **baked salmon** and **hasselback potatoes** between your plates.

Spoon the **creamy pesto sauce** over the **salmon**, then serve with the **mustard broccoli** alongside.

Enjoy!