

# Sun-Dried Tomato Salmon



Salmon Special

35-40 Minutes • 1 of your 5 a day







Potatoes









Garlic Clove

Mayonnaise





Grated Hard Italian Style Cheese





Breadcrumbs



Salmon Fillets

Baby Plum Tomatoes



Green Beans



Toasted Flaked Almonds

# 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, bowl, garlic press, aluminium foil, kettle, saucepan and colander.

# Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Sun-Dried Tomato Paste	25g	37g	50g
Mayonnaise 8) 9)	32g	48g	64g
Garlic Clove**	2	3	4
Grated Hard Italian Style Cheese** <b>7) 8)</b>	20g	30g	40g
Salmon Fillets** 4)	2	3	4
Breadcrumbs 13)	10g	25g	25g
Baby Plum Tomatoes	125g	190g	250g
Green Beans**	150g	230g	300g
Toasted Flaked Almonds 2)	15g	25g	30g
Pantry	2P	3P	4P
Olive Oil for the Dressing*	2 tbsp	3 tbsp	4 tbsp
Butter*	10g	15g	20g

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

#### **Nutrition**

Typical Values	Per serving	Per 100g
for uncooked ingredient	532g	100g
Energy (kJ/kcal)	3119 /745	587/140
Fat (g)	41.1	7.7
Sat. Fat (g)	9.5	1.8
Carbohydrate (g)	58.0	10.9
Sugars (g)	8.1	1.5
Protein (g)	33.0	6.2
Salt (g)	1.30	0.24

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

# Allergens

2) Nuts 4) Fish 7) Milk 8) Egg 9) Mustard 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.

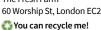
### Contact

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### Roast the Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7. Chop the potatoes into 2cm chunks (no need to peel).

Pop the **potatoes** onto a large baking tray. Drizzle with oil, season with salt and pepper, then toss to coat. Spread out in a single layer. TIP: Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-35 mins.



# **Get Prepped**

Meanwhile, in a small bowl, combine the sun-dried tomato paste and mayonnaise. Set aside.

Peel and grate the **garlic** (or use a garlic press). In another small bowl, combine the garlic, hard Italian style cheese and olive oil for the dressing (see pantry for amount). Set aside your **cheesy** dressing for the potatoes later.



# Flavour the Salmon

Lay the salmon fillets, skin-side down, onto a lined baking tray. Season with salt and pepper.

Using the back of a spoon, spread a little **sun-dried tomato mayo** over the top of each **salmon fillet** (reserving most for later), then press the breadcrumbs on top. Drizzle with oil and set aside. IMPORTANT: Wash your hands and equipment after handling raw fish.

Halve the tomatoes and pop them onto a piece of foil with a drizzle of oil, then season with salt and pepper. Fold the foil, sealing on all sides to create a parcel, then place it on the salmon baking tray.



# Add the Cheesy Dressing

When the **potatoes** have 10-15 mins left, remove them from the oven.

Drizzle with the cheesy dressing, then toss to coat. Roast on the middle shelf for the remaining 10-15 mins until crispy and golden.

At the same time, put the **salmon** tray on the top shelf to bake until the **salmon** is cooked through and the tomatoes have softened, 10-15 mins. **IMPORTANT:** The salmon is cooked when opaque in the middle.



# Bring on the Beans

While everything roasts, boil a half-full kettle. Trim the green beans.

Pour the **boiled water** into a saucepan with 1/2 tsp salt on high heat. Add the beans and cook until tender, 4-6 mins, then drain in a colander.

Add the **butter** (see pantry for amount) to the (now empty) pan on low heat. Season with salt and pepper.

Once the butter has melted, remove from the heat. Add the **cooked green beans** to the pan and toss to coat.



# Finish and Serve

When everything's ready, transfer the **salmon** to your plates. Share out the roast potatoes, making sure to scrape up any crispy **cheese** from the baking tray.

Serve the buttery green beans and roasted tomatoes with your salmon and finish with a dollop of the remaining sun-dried tomato mayo.

Sprinkle over the **flaked almonds** to finish.

Enjoy!