



Sun-Dried Tomato Salmon

with Cheesy Garlic Potatoes, Roasted Tomatoes and Green Beans

32

Salmon Special 35-40 Minutes • 1 of your 5 a day



Potatoes



Sun-Dried
Tomato Paste



Mayonnaise



Garlic Clove



Grated Hard
Italian Style Cheese



Salmon Fillets



Breadcrumbs



Baby Plum
Tomatoes



Green Beans



Toasted Flaked
Almonds

Pantry Items

Oil, Salt, Pepper, Olive Oil, Butter

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** 7 8	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 for uncooked ingredient	Per serving	Per 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.



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.



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.



Bring on the Beans

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

Pour the **boiled water** into a saucepan with $\frac{1}{2}$ **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.



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.



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!