



Roasted Salmon and Hasselback Potatoes with Caper & Dill Salsa, Roasted Tenderstem® and Tomatoes

32

Salmon Special 40-45 Minutes • 1 of your 5 a day



Salad Potatoes



Lemon



Dill



Capers



Tenderstem® Broccoli



Baby Plum Tomatoes



Salmon Fillets

Pantry Items

Oil, Salt, Pepper, Olive Oil

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 and bowl.

Ingredients

Ingredients	2P	3P	4P
Salad Potatoes	350g	500g	700g
Lemon**	½	¾	1
Dill**	1 bunch	1 bunch	1 bunch
Capers	15g	30g	30g
Tenderstem® Broccoli**	80g	150g	150g
Baby Plum Tomatoes	125g	250g	250g
Salmon Fillets** 4)	2	3	4

Pantry	2P	3P	4P
Olive Oil for the Salsa*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	425g 2108/504	100g 496/119
Fat (g)	24.7	5.8
Sat. Fat (g)	4.4	1.0
Carbohydrate (g)	40.9	9.6
Sugars (g)	5.5	1.3
Protein (g)	26.7	6.3
Salt (g)	0.52	0.12

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

Allergens

4) Fish


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, cereals containing 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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Make your Hasselbacks

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**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

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



Bring on the Salmon

About 15 mins before the **potatoes** 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 other side of the baking tray. Season with **salt** and **pepper**.

Roast for the remaining time until cooked through, 10-15 mins. **IMPORTANT:** Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle.



Time to Salsa

Meanwhile, halve the **lemon**. Finely chop the **dill** (stalks and all).

Pop the **dill** and **capers** into a small bowl and add the **olive oil for the salsa** (see pantry for amount). Squeeze in some **lemon juice**, then season with **salt** and **pepper**.

Taste and add more **salt**, **pepper** or **lemon juice** if needed. Set your **salsa** aside for now.



Roast the Veg

At the same time, roast the **veg** on the middle shelf of your oven until the **broccoli** is tender and the edges are crispy and the **tomatoes** are soft, 10-12 mins.

If you'd prefer, boil your broccoli for 3-5 mins until tender. Season with salt and pepper.



Prep the Veg

Pop the **Tenderstem® broccoli** and **tomatoes** onto another baking tray.

Drizzle with **oil** and season with **salt** and **pepper**. Toss to coat, then spread out and set aside.



Serve

When everything's ready, plate up your **salmon** with the **hasselbacks** and **roasted veg** alongside. Spoon the **salsa** over the **salmon** to finish.

Enjoy!