



Herb Crusted Salmon Fillet

with Cheesy Dauphinoise, Tenderstem® and Sugar Snap Peas

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

32



Potatoes



Garlic Clove



Chives



Breadcrumbs



Salmon Fillets



Creme Fraiche



Vegetable Stock Paste



Grated Hard Italian Style Cheese



Tenderstem® Broccoli



Sugar Snap Peas

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

Saucepan, colander, garlic press, kitchen scissors, bowl, baking tray, ovenproof dish and frying pan.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Garlic Clove**	1	2	2
Chives**	1 bunch	1 bunch	1 bunch
Breadcrumbs 13)	25g	25g	50g
Salmon Fillets** 4)	2	3	4
Creme Fraiche** 7)	150g	225g	300g
Vegetable Stock Paste 10)	10g	15g	20g
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g
Tenderstem® Broccoli**	80g	150g	150g
Sugar Snap Peas**	80g	80g	150g
Pantry	2P	3P	4P
Reserved Potato Water*	75ml	100ml	150ml
Olive Oil for the Crumb*	1½ tbsps	2 tbsps	3 tbsps

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	557g	100g
Energy (kJ/kcal)	3457 / 826	621 / 148
Fat (g)	49.7	8.9
Sat. Fat (g)	20.7	3.7
Carbohydrate (g)	64.0	11.5
Sugars (g)	7.5	1.3
Protein (g)	35.1	6.3
Salt (g)	1.82	0.33

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

Allergens

4) Fish **7)** Milk **8)** Egg **10)** Celery **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, mollusc, 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. Be careful when adding water to hot pans while cooking.

Contact

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Get Started

Preheat your oven to 220°C/200°C fan/gas mark 7. Bring a large saucepan of **water** to the boil with **½ tsp salt**.

Peel and slice the **potatoes** into 1cm thick slices.

When boiling, add the **potato slices** to the **water** and simmer until just tender, 8-12 mins.

Once cooked, reserve some of the **potato water** (see pantry for amount), then carefully drain in a colander.



Bake your Dauphinoise

Lay the **cooked potato slices** in layers in an appropriately sized ovenproof dish, then pour over the **creamy sauce**. Sprinkle the remaining **cheese** on top.

Bake on the top shelf of your oven until golden brown and bubbly, 15-20 mins. **TIP:** Put the dish on a baking tray to catch any drips.

When the **dauphinoise** has baked for 5 mins, pop the **salmon** on the middle shelf to bake until the **crumbs** are golden and the **salmon** is cooked through, 10-15 mins. **IMPORTANT:** The salmon is cooked when opaque in the middle.



Prep your Salmon

Meanwhile, peel and grate the **garlic** (or use a garlic press). Finely chop the **chives** (use scissors if easier).

Pop the **breadcrumbs** into a bowl with the **olive oil for the crumb** (see ingredients for amount) and **half the chives**. Season with **salt** and **pepper**, then mix together.

Lay the **salmon fillets**, skin-side down, onto a lined baking tray and spread **1 tsp of creme fraiche** over each. Top with the **herby breadcrumbs**, pressing them down to ensure they stick. Set aside. **IMPORTANT:** Wash your hands and equipment after handling raw fish.



Bring on the Broccoli

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat. Halve any thick **broccoli stems** lengthways.

Once the **oil** is hot, add the **Tenderstem®** and stir-fry for 2-3 mins.

Add a splash of **water**, then cover with a lid (or foil) and allow to cook until tender, 4-6 mins more.

Halfway through steaming time, add the **sugar snap peas** to the pan. Season with **salt** and **pepper**, then cover again and cook for the remaining time until tender, 2-3 mins.

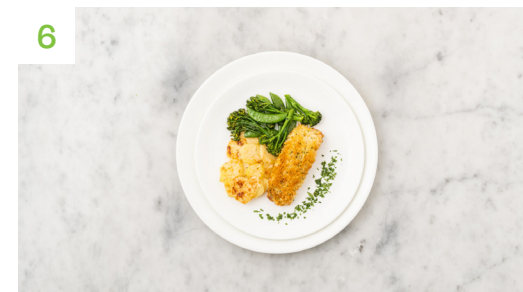


Make the Creamy Sauce

When the **potatoes** are cooked and drained, pop your (now empty) pan back on medium heat with a drizzle of **oil**.

Once hot, add the **garlic** and cook until fragrant, 30 secs.

Add the remaining **creme fraiche**, **veg stock paste**, **reserved potato water** and **half the hard Italian style cheese**. Mix together, bring to the boil, then remove from the heat. Season to taste with **salt** and **pepper**.



Serve Up

When everything's ready, share the **herb crusted salmon** between your plates. Serve the **dauphinoise**, **broccoli** and **sugar snap peas** alongside.

Finish with a sprinkle of the remaining **chives**.

Enjoy!