



Pesto Dressed Salmon & Roast Potato Salad with Greek Style Cheese and Asparagus

Lunch 30-35 Minutes • 2 of your 5 a day

12A

Find all your unchilled Market items in bag A.



Salad Potatoes



Lemon



Asparagus



Salmon Fillets



Pesto



Greek Style Salad Cheese



Baby Leaf Mix

Pantry Items

Oil, Salt, Pepper, Egg, Sugar, 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, kettle, saucepan, bowl and baking paper.

Ingredients

Ingredients	Quantity
Salad Potatoes	350g
Lemon**	1
Asparagus**	150g
Salmon Fillets** 4)	2
Pesto 7)	32g
Greek Style Salad Cheese** 7)	100g
Baby Leaf Mix**	100g

Pantry	Quantity
Egg*	2
Olive Oil*	2 tbsp
Sugar*	½ tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	591g 3126 /747	100g 529 /126
Fat (g)	48.0	8.1
Sat. Fat (g)	15.3	2.6
Carbohydrate (g)	39.5	6.7
Sugars (g)	7.7	1.3
Protein (g)	43.7	7.4
Salt (g)	3.27	0.55

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

Allergens

4) Fish 7) Milk

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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Roast the Potatoes

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

b) Chop the **salad potatoes** into 2cm chunks (no need to peel).

c) Pop the **potato chunks** 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.

d) When the oven is hot, roast on the top shelf until golden, 25-30 mins. Turn halfway through.



Add the Asparagus

a) When the **salmon** has 5-6 mins remaining in the oven, place the **asparagus** onto the **salmon** baking tray.

b) Drizzle with **oil** and season with **salt** and **pepper**.

c) Pop back into the oven for the remaining 5-6 mins, until the **asparagus** is tender. Turn halfway through.



Boil the Eggs

a) While the **potatoes** roast, boil a half-full kettle.

b) Pour the **boiled water** into a medium saucepan and bring to the boil. Boil the **eggs** (see pantry for amount) for 7-8 mins. Drain and allow to cool. **IMPORTANT:** Ensure egg whites are fully cooked.

c) While the **eggs** boil, halve the **lemon**. Cut **half** the **lemon** into slices, then juice the remaining **lemon** into a large bowl and set aside.



Prep your Salad

a) While everything roasts, add the **pesto**, **three quarters** of the **Greek style salad cheese**, the **olive oil** and **sugar** (see pantry for both amounts) to the bowl of **lemon juice**. Stir to combine.

b) Once the **potatoes** are cooked, add the **baby leaves**, **asparagus** and **potatoes** to the **pesto dressing** and toss to coat.



Bring on the Salmon

a) Trim the bottom 2cm from the **asparagus** and discard, then chop into thirds

b) Lay the **salmon fillets**, **skin**-side down, onto a lined baking tray. Season with **salt** and **pepper**, then lay the **lemon slices** on top of the **fillets**.

c) Roast the **salmon** on the middle shelf until cooked through, 10-15 mins. **IMPORTANT:** Wash your hands and equipment after handling raw fish. The salmon is cooked when opaque in the middle.



Finish and Serve

a) Once the **salmon** is cooked, gently peel off and discard the **skin**.

b) Remove the **eggs** from their shells and slice each into quarters.

c) Divide the **pesto dressed salad** between 2 serving dishes, then top with **egg quarters**, **salmon fillet** and remaining **Greek style cheese** in sections.

d) Arrange the **roasted lemon slices** on top of the **salmon** to finish.

Enjoy!