



Easy Parmesan Crusted Pesto Salmon

with Pre-Prepared Dauphinoise Potatoes and Tenderstem® Broccoli

37

3 Step Prep Prep Time: 5 Minutes • Cook Time: 35-40 Minutes • 1 of your 5 a day



Dauphinoise Potatoes



Salmon Fillets



Pesto



Parmigiano Reggiano



Tenderstem® Broccoli



Baby Plum Tomatoes



Balsamic Glaze

Pantry Items
Oil, Salt, Pepper

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.

Ingredients

Ingredients	2P	3P	4P
Dauphinoise Potatoes** 7)	350g	525g	700g
Salmon Fillets** 4)	2	3	4
Pesto** 7)	32g	48g	64g
Parmigiano Reggiano** 7)	20g	40g	40g
Tenderstem® Broccoli**	80g	150g	150g
Baby Plum Tomatoes	125g	190g	250g
Balsamic Glaze 14)	12ml	24ml	24ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	411g	100g
Energy (kJ/kcal)	2521/603	613/147
Fat (g)	39.8	9.7
Sat. Fat (g)	16.4	4.0
Carbohydrate (g)	24.3	5.9
Sugars (g)	6.1	1.5
Protein (g)	27.2	6.6
Salt (g)	2.35	0.57

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

4) Fish 7) Milk 14) Sulphites

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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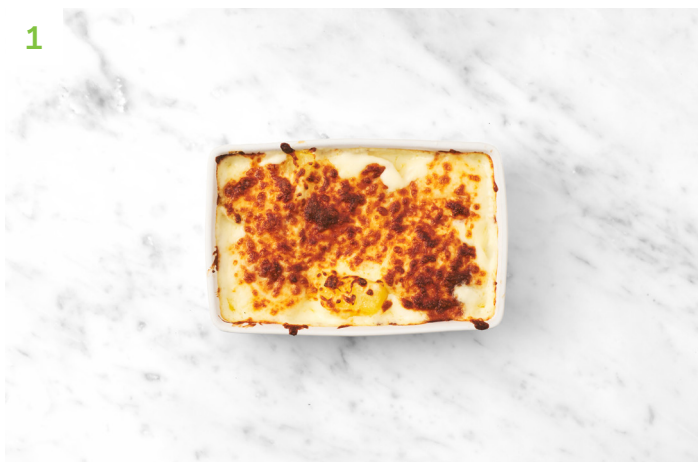
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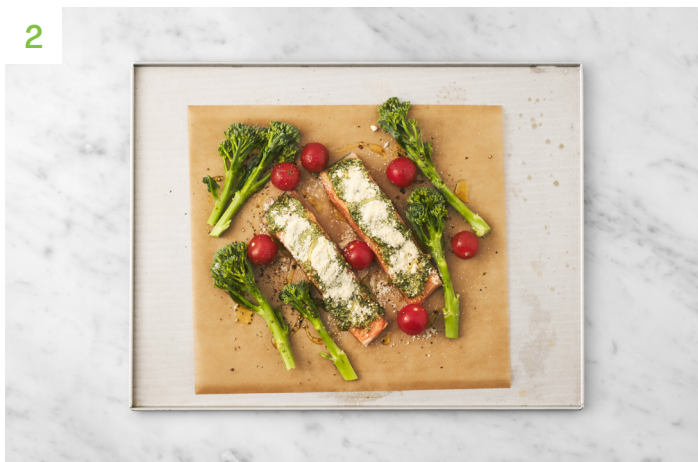
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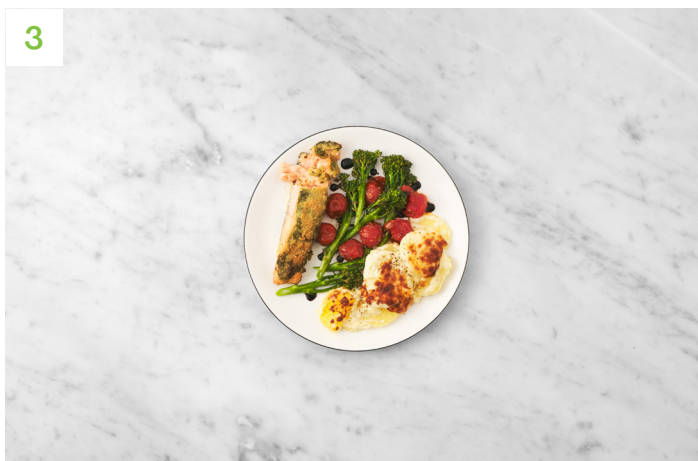
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2



3



Get Baking

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Remove the outer sleeve and plastic film from the top of the **dauphinoise**.
- Place on a baking tray. Bake on the top shelf, 35-40 mins.

Salmon Time

- Lay the **salmon fillets**, skin-side down, onto a lined baking tray. Spread over the **pesto**, then carefully press on the **Parmigiano Reggiano**.
- Pop the **broccoli** and **tomatoes** alongside. Drizzle with **oil**. Season with **salt** and **pepper**.
- When the **dauphinoise** is halfway through cooking, roast the **salmon** and **veg** on the top shelf, 10-15 mins. **IMPORTANT:** Wash hands and utensils after handling raw fish. Cook so it's opaque in the middle.

Dinner's Ready!

- Share the **salmon** between your plates.
- Serve the **dauphinoise**, **broccoli** and **tomatoes** alongside.
- Drizzle the **balsamic glaze** over the **veg**.

Enjoy!