



Lemon & Herb Salmon and Garlic Butter King Prawns

with Parmesan Potatoes, Samphire and Balsamic Tomatoes

32

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



Potatoes



Baby Plum Tomatoes



Garlic Clove



Lemon



Chives



Salmon Fillets



Lemon & Herb Seasoning



Samphire



Parmigiano Reggiano



King Prawns



Unsalted Butter



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, aluminium foil, garlic press, fine grater, saucepan, sieve and frying pan.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Baby Plum Tomatoes	125g	190g	250g
Garlic Clove**	2	3	4
Lemon**	1	1	1
Chives**	1 bunch	1 bunch	1 bunch
Salmon Fillets** 4)	2	3	4
Lemon & Herb Seasoning	1 sachet	1 sachet	2 sachets
Samphire**	40g	60g	80g
Parmigiano Reggiano** 7)	20g	30g	40g
King Prawns** 5)	150g	225g	300g
Unsalted Butter** 7)	30g	45g	60g
Balsamic Glaze 14)	12ml	18ml	24ml

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	582g	100g
Energy (kJ/kcal)	2738 /654	471 /113
Fat (g)	32.5	5.6
Sat. Fat (g)	13.6	2.3
Carbohydrate (g)	56.4	9.7
Sugars (g)	9.4	1.6
Protein (g)	39.2	6.7
Salt (g)	2.18	0.37

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

Allergens

4) Fish 5) Crustaceans 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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Roast the Potatoes

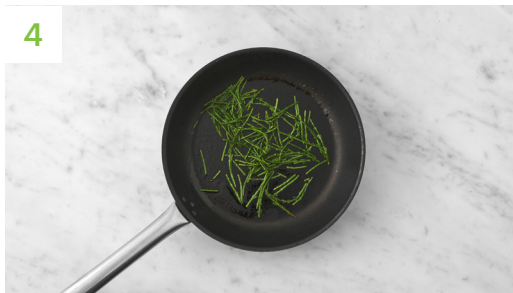
Preheat your oven to 220°C/200°C fan/gas mark 7.

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

Pop the **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.

When the oven is hot, roast on the middle shelf until golden, 30-40 mins.

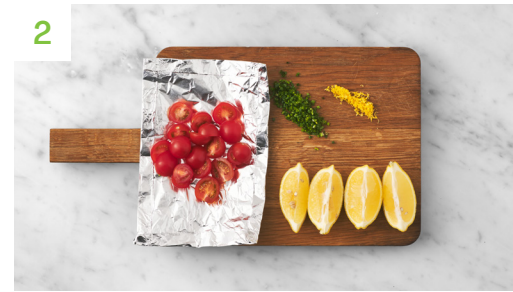


Time for Samphire

Once the **water** is boiling in the pan, add the **samphire**. Lower the heat and simmer until tender, 3-4 mins.

Once cooked, drain in a sieve, then pop back in the pan. Drizzle over a little **olive oil** and season with **pepper**. Cover to keep warm.

When the **potatoes** have 5 mins left, sprinkle the **Parmigiano Reggiano** over the **potatoes**, toss to coat and return to the oven for the remaining time.



Prep Time

Meanwhile, 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 and set aside.

Peel and grate the **garlic** (or use a garlic press). Zest and cut the **lemon** into wedges. Finely chop the **chives** (use scissors if easier).

Lay the **salmon fillets**, skin-side down, onto one side of a lined large baking tray. Season with **salt** and **pepper**, sprinkle over the **lemon & herb seasoning** and **lemon zest**. Drizzle over a little **oil**.



Fry the Prawns

Drain the **prawns**. Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **prawns**. Season with **salt** and **pepper** and stir-fry for 4-5 mins.

Once cooked, add the **garlic** and **butter**. Fry for 30 secs then, remove from the heat and stir in **half** the **chives**. Squeeze in a little **lemon juice**. **IMPORTANT:** Wash your hands and equipment after handling raw prawns. They're cooked when pink on the outside and opaque in the middle.

Once the **tomatoes** are cooked, discard the **juices** from the foiled parcel, then add them to the **samphire** and stir together.



Bake the Salmon

Pop the **tomato foil parcel** onto the other side of the **salmon** tray.

Bring a medium saucepan of **water** to the boil for the **samphire** (don't add salt - the samphire is salty enough).

When the **potatoes** are halfway through cooking, turn them.

At the same time, slide the **salmon** tray onto the top shelf of your oven and roast until the **fish** is cooked through, 10-15 mins. **IMPORTANT:** Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle.



Serve Up

When everything's ready, transfer the **salmon** to your plates. Spoon the **prawns** over the fish, including all the **garlic butter** from the pan.

Serve the **parmesan potatoes**, **samphire** and **roasted tomatoes** alongside.

Drizzle the **balsamic glaze** over the **samphire**.

Sprinkle the remaining **chives** over the dish and serve with any remaining **lemon wedges** for squeezing over.

Enjoy!