



Salmon Vol-au-Vents

with Lemon, Chives and Cream Cheese

Special Sides 35-40 Minutes

7A

Find all your unchilled Market items in bag A.



Puff Pastry Sheet



Salmon Fillets



Chives



Lemon



Soured Cream



Cream Cheese

Pantry Items
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 paper, baking tray, fine grater and bowl.

Ingredients

Ingredients	Quantity
Puff Pastry Sheet** 13)	1 pack
Salmon Fillets** 4)	2
Chives**	1 bunch
Lemon**	1
Soured Cream** 7)	75g
Cream Cheese** 7)	100g

**Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	4463 / 1067	1092 / 261
Fat (g)	73.7	18.1
Sat. Fat (g)	35.9	8.8
Carbohydrate (g)	70.2	17.2
Sugars (g)	13.0	3.2
Protein (g)	33.4	8.2
Salt (g)	1.94	0.48

Nutrition for uncooked ingredients based on 2 person recipe.

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

Allergens

4) Fish **7)** Milk **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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To Start

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

b) Remove the **puff pastry** from your fridge and allow to come up to room temperature.



Voila! Vol-au-Vents!

a) Brush a little **water** onto each border piece, then stack 2 border pieces on top of each **pastry square** on the lined baking tray, wet-side down, ensuring the edges and corners of each piece line up. These are your **vol-au-vents**!

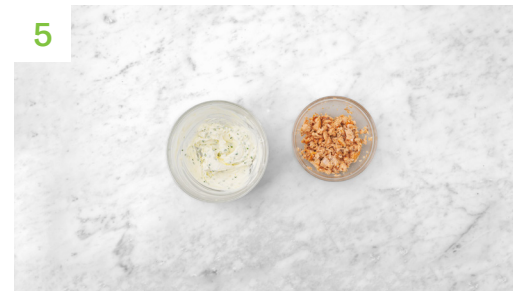
b) Place the **vol-au-vents** onto the middle shelf of your oven until puffed and golden, 20-25 mins. Turn halfway through cooking.



Cook the Salmon

a) Lay the **salmon fillets**, skin-side down, onto a lined baking tray. Season with **salt** and **pepper**.

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



Prep the Filling

a) While everything is in the oven, finely chop the **chives** (use scissors if easier).

b) Zest and cut the **lemon** into wedges.

c) Once the **salmon** is cooked, gently peel off and discard the skin. Using a fork, flake the **fish** into bite-sized pieces.

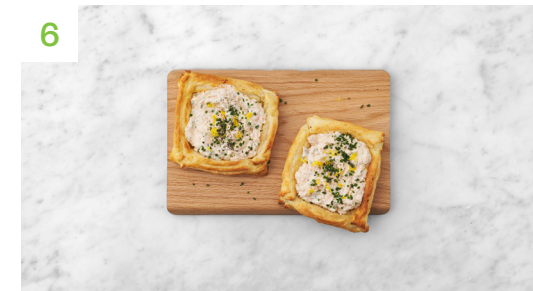
d) In a large bowl, combine the **soured cream**, **cream cheese**, **three quarters** of the **chives**, a **pinch** of **lemon zest** and a squeeze of **lemon juice** (use more if you prefer).



Prep the Pastry

a) Meanwhile, cut the **pastry** into 6 equal squares. Place 2 squares side-by-side on another lined baking tray and poke holes in them using a fork.

b) Leaving a 2cm border, cut the centre from the remaining 4 squares. These are your border pieces.
TIP: Save the centre pieces for another recipe.



Finish and Serve

a) Gently stir the **flaked salmon pieces** through the **chive soured cream mixture**. Season with **salt** and **pepper**.

b) Once the **vol-au-vents** are baked, push down the centre with the back of a spoon, then allow them to cool slightly, 5 mins.

c) Place on your serving platter and divide the **salmon mixture** between the **vol-au-vents**.

d) Sprinkle over the remaining **chives** and another **pinch** of **lemon zest**. Finish with a crack of **black pepper**.

Enjoy!