



Pesto Salmon and Serrano Ham Gnocchi

with Parmigiano Reggiano, Roasted Tomatoes and Balsamic Rocket Salad

Quick Premium 25 Minutes • 1 of your 5 a day

30



Garlic Clove



Balsamic Vinegar



Salmon Fillets



Pesto



Baby Plum Tomatoes



Gnocchi



Serrano Ham



Crema Fraiche



Sun-Dried
Tomato Paste



Parmigiano Reggiano



Wild Rocket

Pantry Items

Oil, Salt, Pepper, 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

Saucepan, garlic press, bowl, baking paper, baking tray and colander.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Balsamic Vinegar 14)	12ml	24ml	24ml
Salmon Fillets** 4)	2	3	4
Pesto** 7)	32g	64g	64g
Baby Plum Tomatoes	125g	190g	250g
Gnocchi** 13)	300g	600g	600g
Serrano Ham**	2 slices	3 slices	4 slices
Creme Fraiche** 7)	75g	150g	150g
Sun-Dried Tomato Paste	25g	50g	50g
Parmigiano Reggiano** 7)	20g	40g	40g
Wild Rocket**	40g	60g	80g
Pantry	2P	3P	4P
Sugar*	½ tsp	¾ tsp	1 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Water for the Sauce*	75ml	120ml	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	477g	100g
Energy (kJ/kcal)	3365 /804	705 /169
Fat (g)	45.9	9.6
Sat. Fat (g)	15.6	3.3
Carbohydrate (g)	57.4	12.0
Sugars (g)	7.4	1.5
Protein (g)	39.2	8.2
Salt (g)	2.92	0.61

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 **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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The Fresh Farm
60 Worship St, London EC2A 2EZ



Get Prepped

- 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** for the **gnocchi**.
- Peel and grate the **garlic** (or use a garlic press).
- In a medium bowl, combine the **balsamic vinegar**, **sugar** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper**. Set your **dressing** aside.



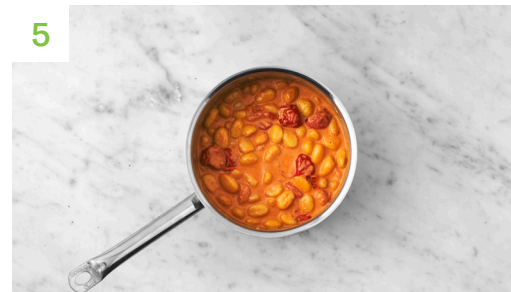
Start the Sauce

- Dry the (now empty) saucepan and return to medium-high heat with a drizzle of **oil**.
- Once hot, add the **garlic** and cook, 30 secs.
- Stir in the **creme fraiche** and **water for the sauce** (see pantry for amount). Bring to the boil and simmer until thickened slightly, 2-3 mins.



Bake the Salmon

- Lay the **salmon fillets**, skin-side down, onto a lined baking tray. Season with **salt** and **pepper**. Spread over the **pesto**.
- Pop the **tomatoes** alongside the **salmon**. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.
- When the oven is hot, roast the **salmon** and **tomatoes** on the middle 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.



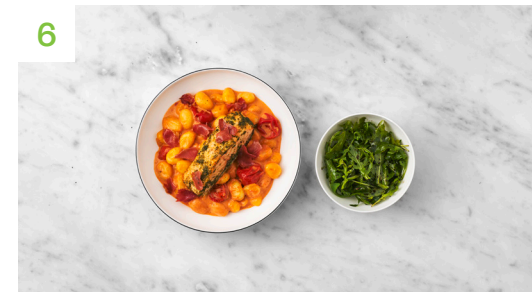
Bring it All Together

- Stir the **sun-dried tomato paste**, **Parmigiano Reggiano**, **roasted tomatoes** and **cooked gnocchi** into the **sauce**. Bring to the boil and simmer until piping hot, 1 min. Remove from the heat.
- Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little thick.
- When everything's ready, add the **rocket** to the **dressing** bowl and toss to coat.



Cook the Gnocchi

- Meanwhile, when boiling, add the **gnocchi** to the **water** and bring back to the boil. Cook until the **gnocchi** rise to the surface of the **water**, 2-3 mins.
- Once cooked, drain in a colander. Drizzle with **oil** and stir through to stop it sticking together.
- Meanwhile, pop the **Serrano ham** onto a baking tray and bake on the top shelf of your oven until crisp and golden, 5-7 mins.



Serve Up

- Share the **gnocchi** between your bowls.
- Top with the **pesto salmon**. Break the **Serrano ham** into shards and scatter over.
- Serve the **balsamic rocket salad** in a bowl alongside.

Enjoy!