



Orkney Crab and Chive Topped Salmon

with Roasted Potatoes, Apple Salad and Roasted Garlic Mayo

Seafood Special 30-35 Minutes • 1 of your 5 a day

32



Potatoes



Garlic Clove



Lemon



Chives



Cream Cheese



Orkney Crab Meat



Salmon Fillets



Apple



Mayonnaise



Baby Leaf Mix

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

Aluminium foil, baking tray, fine grater, kitchen scissors and bowl.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Garlic Clove**	2	3	4
Lemon**	1	1	1
Chives**	1 bunch	1½ bunches	2 bunches
Cream Cheese** 7)	50g	75g	100g
Orkney Crab Meat** 5)	100g	150g	200g
Salmon Fillets** 4)	2	3	4
Apple**	1	1½	2
Mayonnaise 8) 9)	32g	48g	64g
Baby Leaf Mix**	20g	40g	40g
Pantry	2P	3P	4P
Sugar for the Dressing*	½ tsp	1 tsp	1 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	542g	100g
Energy (kJ/kcal)	2682 /641	495 /118
Fat (g)	32.1	5.9
Sat. Fat (g)	8.2	1.5
Carbohydrate (g)	58.6	10.8
Sugars (g)	10.9	2.0
Protein (g)	36.0	6.6
Salt (g)	1.3	0.24

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

Allergens

4) Fish 5) Crustaceans 7) Milk 8) Egg 9) Mustard

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

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](https://www.hellofresh.co.uk) or use our app to rate this recipe

♻️ You can recycle me!

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



Get Started

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

Chop the **potatoes** into 1cm chunks (no need to peel). Pop the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it.

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.

Add the **garlic parcel** to the tray.



Time to Bake

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

At the same time, roast the **salmon** on the top shelf until cooked through, 10-15 mins. **IMPORTANT:** The fish is cooked when opaque in the middle.



Make your Crab Filling

When the oven is hot, roast the **potatoes** on the middle shelf until golden, 30-40 mins. Remove the **garlic parcel** after 10-12 mins.

In the meantime, zest and halve the **lemon**. Finely chop the **chives** (use scissors if easier).

In a small bowl, combine the **cream cheese**, **crab meat**, **lemon zest** and **half** the **chives**. Season with **salt** and **pepper**.



Salad Time

In the meantime, once the **garlic** has cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork.

Quarter, core and thinly slice the **apple** (no need to peel).

In a medium bowl, mix together a squeeze of **lemon juice**, **sugar** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper**.

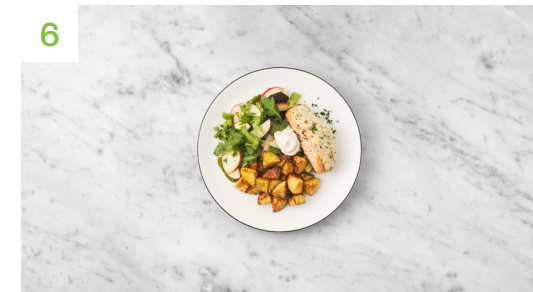
In another small bowl, mix together the **mayonnaise**, **roasted garlic** and a squeeze of **lemon juice**.



Prep the Salmon

Lay the **salmon fillets**, skin-side down, onto a lined large baking tray.

Spoon the **creamy crab mixture** over the top of the **salmon fillets**. **IMPORTANT:** Wash your hands and equipment after handling raw fish.



Serve Up

Just before you're ready to serve, toss the **baby leaves** through the **dressing**.

Transfer your **crab topped salmon** to your serving plates. Sprinkle over the remaining **chives**.

Serve with your **potatoes**, **salad** and **garlic mayonnaise** alongside.

Enjoy!