











Baked Salmon and Creamy Chive Sauce with Roasted Potatoes and Garlicky Green Beans

Classic 35-45 Minutes

6



-  Potatoes
-  Green Beans
-  Chives
-  Garlic Clove
-  Salmon Fillets
-  Lemon & Herb Seasoning
-  Creme Fraiche
-  Vegetable Stock Paste

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, garlic press, baking paper, frying pan, lid and bowl.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Green Beans**	80g	150g	150g
Chives**	1 bunch	1 bunch	1 bunch
Garlic Clove**	1	2	2
Salmon Fillets** 4)	2	3	4
Lemon & Herb Seasoning	1 sachet	1 sachet	2 sachets
Crème Fraîche** 7)	75g	150g	150g
Vegetable Stock Paste	10g	15g	20g
Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	439g	100g
Energy (kJ/kcal)	2319 /554	529 /126
Fat (g)	28.9	6.6
Sat. Fat (g)	10.5	2.4
Carbohydrate (g)	49.9	11.4
Sugars (g)	5.2	1.2
Protein (g)	27.6	6.3
Salt (g)	1.37	0.31

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

Allergens

4) Fish 7) Milk

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. Turn halfway through.



Bring on the Beans

Once the **salmon** is in the oven, heat a drizzle of **oil** in a medium frying pan on medium-high heat.

Once hot, add the **green beans** and stir-fry until starting to char, 2-3 mins. Stir in the **garlic**, then turn the heat down to medium and cook for 1 min.

Add a splash of **water** and immediately cover with a lid or some foil. Cook until tender, 4-5 mins. Season with **salt** and **pepper**.

Transfer to a medium bowl and cover to keep warm.



Prep Time

Meanwhile, trim the **green beans**.

Finely chop the **chives** (use scissors if easier).

Peel and grate the **garlic** (or use a garlic press).



Make your Chive Sauce

Return the (now empty) frying pan to medium heat (no need to clean).

Add the **crème fraîche**, **veg stock paste** and **water for the sauce** (see pantry for amount). Bring to the boil and simmer until thickened, 2-3 mins.

Once thickened, remove the **sauce** from the heat and stir through **half** the **chives**.



Bake the Salmon

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

Drizzle with **oil**, sprinkle over the **lemon & herb seasoning**, season with **salt** and **pepper**, then rub to coat.

When the **potatoes** have 10 mins left, roast the **salmon** on the top shelf until 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, share the **baked salmon** between your plates and spoon over the **chive sauce**.

Serve the **roasted potatoes** and **green beans** alongside.

Garnish with the remaining **chives** to finish.

Enjoy!