



Date Night Herb Crusted Salmon Fillet with Cheesy Dauphinoise, Tenderstem® and Sugar Snap Peas

Premium 40-45 Minutes • 1 of your 5 a day

33



Potatoes



Garlic Clove



Mixed Herbs



Panko Breadcrumbs



Salmon Fillet
Skin-On



Creme Fraiche



Vegetable Stock
Paste



Grated Hard
Italian Style Cheese



Tenderstem® Broccoli



Sugar Snap
Peas

Pantry Items

Oil, Salt, Pepper, 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, colander, garlic press, baking tray, baking paper, ovenproof dish, frying pan and lid.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Garlic Clove**	1	2	2
Mixed Herbs	1 sachet	1 sachet	2 sachets
Panko Breadcrumbs 13	25g	37g	50g
Salmon Fillet Skin-On** 4	2	3	4
Crème Fraîche** 7	150g	225g	300g
Vegetable Stock Paste 10	10g	15g	20g
Grated Hard Italian Style Cheese** 7 8	40g	60g	80g
Tenderstem® Broccoli**	80g	150g	150g
Sugar Snap Peas**	80g	80g	150g
Pantry	2P	3P	4P
Reserved Potato Water*	75ml	100ml	150ml
Olive Oil for the Crumb*	1 tbsp	1 tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	524g	100g
	3535/845	674/161
Fat (g)	50.2	9.6
Sat. Fat (g)	22.0	4.2
Carbohydrate (g)	58.3	11.1
Sugars (g)	7.1	1.4
Protein (g)	39.1	7.5
Salt (g)	2.02	0.39

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

Allergens

4) Fish **7)** Milk **8)** Egg **10)** Celery **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, milk, egg, mustard, celery, soya, 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.

Contact

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HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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Get Started

The chocolate pots will take 2-3 hours to set so we'd recommend getting them prepared earlier in the day. However, they'll still be delicious if you only leave them in the fridge for a few minutes. Either way, make your pudding (all 3 steps) before you start cooking your main.

Preheat your oven to 220°C/200°C fan/gas mark 7. Bring a large saucepan of water to the boil with **1/2 tsp salt**.

Peel and slice the **potatoes** into 1cm thick slices. When boiling, add the **potato slices** to the water and simmer until just tender, 8-12 mins.

Once cooked, reserve some of the **potato water** (see pantry for amount), then carefully drain in a colander.



Bake your Dauphinoise

Lay the **cooked potato slices** in layers in an appropriately sized ovenproof dish, then pour over the **creamy sauce**. Sprinkle the remaining **cheese** on top, then bake on the top shelf of your oven until golden brown and bubbly, 15-20 mins. **TIP:** Put the dish on a baking tray to catch any drips.

After 5 mins of baking, pop the **salmon** on the middle shelf to bake until the **crumb** is golden and the **fish** is cooked, 10-15 mins. **IMPORTANT:** The fish is cooked when opaque in the middle.



Crumb your Salmon

Meanwhile, peel and grate the **garlic** (or use a garlic press).

Pop the **mixed herbs** and **breadcrumbs** into a bowl with the **olive oil for the crumb** (see pantry for amount). Season with **salt** and **pepper**, then mix well.

Lay the **salmon fillets**, skin-side down, onto a lined baking tray and spread **1 tsp crème fraîche** over each **fillet**. Spoon over the **breadcrumb mixture**, pressing it down with a spoon. Set aside. **IMPORTANT:** Wash your hands and equipment after handling raw fish.



Bring on the Veg

While the **salmon** cooks, halve any thick **broccoli stems** lengthways.

Heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **Tenderstem®** and stir-fry for 2-3 mins.

Add a splash of **water**, then cover with a lid (or foil) and allow to cook until tender, 2-3 mins more.

Once the **broccoli** is almost tender, add the **sugar snap peas**. Season with **salt** and **pepper**, then cover again and cook until tender, 2-3 mins.



Make the Creamy Sauce

When the **potatoes** are cooked and drained, pop your (now empty) pan back on medium heat with a drizzle of **oil**.

Once hot, add the **garlic** and cook until fragrant, 30 secs.

Add the remaining **crème fraîche**, **veg stock paste**, **reserved potato water** and **half the hard Italian style cheese**. Mix together, bring to the boil, then remove from the heat. Season to taste with **salt** and **pepper**.



Finish and Serve

When everything's ready, carefully transfer the **herb crusted salmon** to your plates.

Serve the **dauphinoise**, **broccoli** and **sugar snaps** alongside.

Enjoy!



Salted Caramel Chocolate Pot Dessert with Pecan Nuts

Premium Prep Time: 5-10 Minutes • Chill Time: 2-3 Hours

33



Coconut Milk



Chocolate Chips



Pecan Nut Halves



Salted Caramel

Pantry Items
Salt

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, cling film and bowl.

Ingredients

Ingredients	Quantity
Coconut Milk	200ml
Chocolate Chips 11)	100g
Pecan Nut Halves 2)	25g
Salted Caramel 7)	40g

**Not Included **Store in the Fridge*

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	183g	100g
Energy (kJ/kcal)	2405/574	1318/315
Fat (g)	40.3	22.1
Sat. Fat (g)	25.8	14.2
Carbohydrate (g)	44.7	24.5
Sugars (g)	40.2	22.0
Protein (g)	5.9	3.2
Salt (g)	0.21	0.11

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

Allergens

2) Nuts 7) Milk 11) Soya

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Start your Pud

Pour the **coconut milk** into a medium pan and pop on medium-high heat. Bring to the boil, then simmer for 1 min.

Remove from the heat and immediately add the **chocolate chips** and a pinch of **salt**.

Allow to sit for 1 min, then stir together until the **chocolate** is melted and well combined.

Get Set

Pour the **mixture** into appropriately sized glasses/ramekins. **TIP:** Put these in the fridge beforehand to chill if you're in a rush.

Cover with cling film and pop into the fridge to set - they'll take 2-3 hours to fully set, but will still be delicious if you want to eat them straight away.

Finish and Serve

When you're ready to serve **dessert**, remove them from the fridge.

Roughly chop the **pecans** and pop them into a small bowl. Pour in the **salted caramel** and mix to combine.

When ready to serve, spoon the **salted caramel nuts** on top of each **chocolate pot** to finish.

Enjoy!