



Baked Lemon Salmon and Caper Dill Salsa with Beetroot, Feta & Pea Shoot Salad and Crushed Potatoes

Premium 30 Minutes • 1 of your 5 a day

29



Salad Potatoes



Lemon



Dill



Capers



Salmon Fillet



Beetroot



Pea Shoots



Feta Cheese

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Saucepan, Zester, Colander, Baking Tray with Baking Paper, Bowls, Frying Pan.

Ingredients

	2P	3P	4P
Salad Potatoes**	350g	500g	700g
Lemon**	½	1	1
Dill**	1 bunch	1 bunch	2 bunch
Capers	15g	30g	30g
Salmon Fillet 4)**	2	3	4
Beetroot**	250g	250g	500g
Olive Oil for the Salsa*	1½ tbsps	2 tbsps	3 tbsps
Olive Oil for the Dressing*	1 tbsp	1½ tbsps	2 tbsps
Pea Shoots**	40g	80g	80g
Feta Cheese 7)**	100g	150g	200g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	514g	100g
Energy (kJ/kcal)	2539 /607	494 /118
Fat (g)	34	7
Sat. Fat (g)	13	3
Carbohydrate (g)	41	8
Sugars (g)	13	3
Protein (g)	36	7
Salt (g)	1.54	0.30

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 7) Milk

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Get Prepped

Preheat your oven to 200°C. Bring a large saucepan of **water** to the boil with ½ tsp of **salt** for the **potatoes**. Halve the **salad potatoes** (or quarter any larger ones). Zest and halve the **lemon**. Finely chop the **dill** (stalks and all). Roughly chop the **capers**.



Cook the Potatoes

Add the **potatoes** to the boiling **water** and cook until just tender, 12-15 mins, then drain well in a colander and set aside. While the **potatoes** cook, pop the **salmon fillets** on a baking tray lined with baking paper. Drizzle with **oil**, season with **salt** and **pepper** and sprinkle the **lemon zest** over the **fish**, set aside. **IMPORTANT: Wash your hands after handling raw fish.** Chop each **beetroot** into 6 segments.



Make the Salsa and Dressing

Meanwhile, make the **salsa** - pop the **capers** and **dill** in a small bowl and add the **olive oil** (see ingredients list for amount). Squeeze in **half** the **lemon juice** and season with **pepper**. Stir together and set aside. For the **dressing**, squeeze the rest of the **lemon juice** into a larger bowl and add the **olive oil for the dressing** (see ingredients for amount). Add a pinch of **sugar** and season with **salt** and **pepper**. Stir and set aside.



Cook the Salmon

Once the **potatoes** are cooked and drained, roast the **salmon** on the top shelf of your oven until cooked, 10-12 mins. **IMPORTANT: The salmon is cooked when opaque all the way through.**



Fry the Potatoes

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat. Add the **potatoes** to the pan and crush them lightly with a fork. Fry, turning occasionally, until golden, 8-10 mins. Once cooked, remove from the heat. Add the **beetroot** and **pea shoots** to the **salad dressing**. Crumble in the **feta** and toss to coat.



Finish and Serve

Serve the **salmon** with the **potatoes** and **beetroot salad** alongside. Spoon the **dill** and **caper salsa** on top of the **salmon**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.