



Pan-Seared Salmon and Chive Butter with Roast Potatoes, Tomatoes and Tenderstem® Broccoli

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

29



Unsalted Butter



Potatoes



Baby Plum
Tomatoes



Chives



Tenderstem® Broccoli



Skin-On
Salmon Fillet

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, aluminium foil, bowl, saucepan, frying pan, kitchen paper, colander and lid.

Ingredients

Ingredients	2P	3P	4P
Unsalted Butter** 7)	30g	40g	60g
Potatoes	450g	700g	900g
Baby Plum Tomatoes	125g	190g	250g
Chives**	½ bunch	¾ bunch	1 bunch
Tenderstem® Broccoli**	150g	200g	300g
Skin-On Salmon Fillet** 4)	2	3	4

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	479g 2360/564	100g 492/118
Fat (g)	28.9	6.0
Sat. Fat (g)	11.3	2.4
Carbohydrate (g)	44.0	9.2
Sugars (g)	5.6	1.2
Protein (g)	29.1	6.1
Salt (g)	0.49	0.1

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, 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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Roast the Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7. Remove the **butter** from the fridge to allow it to come up to room temperature.

Chop the **potatoes** into 2cm chunks (no need to peel) and pop onto a large baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Toss to coat, then spread out in a single layer. **TIP:** Use two *baking trays if necessary.*

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Pan-Fry the Salmon

About 10 mins before the **potatoes** and **tomatoes** are cooked, heat a drizzle of **oil** in a large frying pan on high heat. Pat the **salmon** dry with kitchen paper, then season with **salt** and **pepper**.

Once hot, carefully place the **salmon** into the pan, skin-side down. **TIP:** To get *crispy skin on the fish*, don't move it around when it's cooking *skin-side down*.

Cook for 4-5 mins before turning over and cooking for 3-4 mins on the other side. **IMPORTANT:** Wash your hands and equipment after handling raw fish. The fish is cooked when opaque in the middle.



Get Prepped

Meanwhile, halve the **tomatoes** and pop them onto a piece of foil with a drizzle of **oil**, then season with **salt** and **pepper**. Fold the foil, sealing on all sides to create a **parcel**.

Finely chop the **chives** (use scissors if easier). Halve any thick **broccoli stems** lengthways.

Once the **potatoes** have been in the oven for 10 mins, pop the **tomato parcel** onto the **potato** baking tray and roast until softened, 15-20 mins.



Broccoli Time

While the **salmon** cooks, add the **broccoli** to the pan of **boiling water** and cook until just tender, 3-5 mins.

Once cooked, drain in a colander, then return to the pan. Drizzle with a little **oil** and season with **salt** and **pepper**. Cover with a lid to keep warm.



Make your Chive Butter

Meanwhile, put the **butter** in a small bowl and mash with a fork until soft. Stir in the **chives** and season with **salt** and **pepper**. Set your **chive butter** aside at room temperature.

Bring a large saucepan of **water** to the boil with ½ **tsp salt** for the **broccoli**.



Finish and Serve

When the **salmon** is cooked, remove the pan from the heat.

Turn the **fillets** back to skin-side down, then spread the **chive butter** over the top of each - it will melt from the heat of the **fish**.

Plate up the **salmon fillets** with the **roast potatoes**, **broccoli** and **tomatoes** alongside. Spoon over any remaining **chive butter** from the pan to finish.

Enjoy!