



# Pan-Seared Salmon in Creamy Mustard Sauce with Roast Potatoes and Peas

Classic 40 Minutes

4



Potatoes



Echalion Shallot



Dill



Garlic Clove



Salmon Fillet



Vegetable Stock Paste



Creme Fraiche



Wholegrain Mustard



Peas

## Before you start

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

## Cooking tools, you will need:

Baking Tray, Saucepan, Aluminium Foil, Colander, Garlic Press and Frying Pan.

## Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Echalion Shallot**	1	1	2
Dill**	1 bunch	1 bunch	1 bunch
Garlic Clove**	1	1	2
Salmon Fillet** 4)	2	3	4
Vegetable Stock Paste 10)	10g	15g	20g
Crème Fraîche** 7)	75g	120g	150g
Wholegrain Mustard 9)	10g	10g	17g
Water for the Sauce*	100ml	150ml	200ml
Peas**	120g	180g	240g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	465g	100g
Energy (kJ/kcal)	2517 /602	542 /130
Fat (g)	29	6
Sat. Fat (g)	10	2
Carbohydrate (g)	50	11
Sugars (g)	8	2
Protein (g)	29	6
Salt (g)	1.29	0.28

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

4) Fish 7) Milk 9) Mustard 10) Celery

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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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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## Roast the Potatoes

Preheat your oven to 200°C. 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 top shelf until golden, 25-35 mins. Turn halfway through.



## Finish the Prep

Meanwhile, halve, peel and chop the **shallot** into small pieces. Roughly chop the **dill** (stalks and all). Peel and grate the **garlic** (or use a garlic press).



## Fry the Salmon

When 10 mins of **potato** cooking time remain, heat a drizzle of **oil** in a frying pan on high heat. Season the **salmon** with **salt** and **pepper**. Once hot, carefully place the **salmon** into the pan, skin-side down. Cook for 4-5 mins before turning over and cooking for 3-4 mins on the other side. **TIP:** To get *crispy skin on the fish, don't move it around when it's cooking skin-side down.* **IMPORTANT:** Wash your hands and equipment after handling raw fish. The fish is cooked when opaque in the middle.



## Make the Sauce

Bring a medium saucepan of **water** to the boil with  $\frac{1}{2}$  **tsp salt** for the **peas**. Once the **salmon** is cooked, transfer to a plate and loosely cover with foil to keep warm. Pop the (now empty) frying pan back on medium heat with a drizzle of **oil**. Add the **shallot** and cook until softened, 2-3 mins. Add the **garlic** and cook for 1 min more. Stir in the **vegetable stock paste, crème fraîche, dill, mustard** and the **water for the sauce** (see ingredients for both amounts). Bring to the boil then remove from the heat.



## Peas Please

Meanwhile, pop the **peas** into the **boiling water** and cook for 2-3 mins. Drain in a colander and return to the pan. Add a knob of **butter** (if you have any) and season with **salt** and **pepper**. Cover with a lid or foil to keep warm.



## Serve

When everything is ready, pop the **salmon** onto your serving plates. Spoon over the **creamy mustard sauce** and serve with the **potatoes** and **peas** alongside.

## 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.