



Pesto Crusted Salmon and Lemon Aioli

with Roast Potatoes, Green Beans and Tenderstem® Broccoli

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

30



-  Potatoes
-  Garlic Clove
-  Echalion Shallot
-  Tenderstem® Broccoli
-  Green Beans
-  Lemon
-  Panko Breadcrumbs
-  Grated Hard Italian Style Cheese
-  Salmon Fillet
-  Fresh Pesto
-  Mayonnaise

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, aluminium foil, fine grater, bowl, baking paper, frying pan, lid and kitchen scissors.

Ingredients

	2P	3P	4P
Potatoes	450g	700g	900g
Garlic Clove**	2	3	4
Echalion Shallot**	1	1	2
Tenderstem® Broccoli**	80g	150g	150g
Green Beans**	80g	80g	150g
Lemon**	½	¾	1
Panko Breadcrumbs 13)	10g	15g	20g
Grated Hard Italian Style Cheese** 7) 8)	25g	30g	40g
Salmon Fillet** 4)	2	3	4
Fresh Pesto** 7)	32g	50g	64g
Mayonnaise 8) 9)	2 sachets	3 sachets	4 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	475g	100g
Energy (kJ/kcal)	2237 /535	471 /113
Fat (g)	26.7	5.6
Sat. Fat (g)	5.6	1.2
Carbohydrate (g)	51.4	10.8
Sugars (g)	6.4	1.3
Protein (g)	22.6	4.8
Salt (g)	1.23	0.26

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 7) Milk 8) Egg 9) Mustard 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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Roast the Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7.

Peel and chop the **potatoes** into 2cm chunks. Pop onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. **TIP:** Use *two baking trays if necessary*.

Pop the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it.

When the oven is hot, roast the **potatoes** on the middle shelf until golden, 30-40 mins. Turn halfway through, adding the **garlic parcel** to the tray to cook for the remaining time.



Cook the Veg

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium heat.

When hot, add the **shallot** and cook until soft, stirring occasionally, 3-4 mins. Add the **Tenderstem®** and **green beans**, then season with **salt** and **pepper**. Stir-fry until starting to char, 2-3 mins.

Add a splash of **water** to the pan, then cover with a lid and steam-fry until tender, 3-4 more mins.

Once cooked, transfer to a bowl and cover to keep warm.



Get Prepped

Meanwhile, halve, peel and thinly slice the **shallot**.

Chop the **Tenderstem® broccoli** in half widthways. Halve any large **broccoli stalks** lengthways.

Trim and halve the **green beans**. Zest and halve the **lemon**.

In a small bowl, combine the **panko breadcrumbs** and **grated hard Italian style cheese**.



Make the Lemon Aioli

Meanwhile, combine the **mayonnaise** and **lemon zest** in another small bowl. Squeeze in a little **lemon juice** and season with **salt** and **pepper**.

Once the **garlic** has roasted and cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork. Stir it through the **mayonnaise** and set aside.



Bake the Salmon

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

Spread the **pesto** over the top of each **fillet**, then top with the **cheesy breadcrumbs**, pressing it on lightly to cover the **pesto**.

When the **potatoes** have about 15 mins of cooking time left, drizzle the **salmon** with a little **oil** and bake on the top shelf of the oven until the top is golden, 10-15 mins. **IMPORTANT:** Wash your hands and equipment after handling raw fish. The salmon is cooked when opaque in the middle.



Serve

When everything is ready, plate up your **pesto crusted salmon** with the **roast potatoes**, **Tenderstem®** and **beans** alongside.

Serve with the **lemon aioli** for **dipping** and cut the remaining **lemon** into wedges for squeezing over.

Enjoy!