



Pesto Crusted Salmon and Lemon Butter Sauce with Potatoes, Asparagus and Green Beans

N° 27

Premium 40 Minutes • 2 of your 5 a day



Potato



Echalion Shallot



Asparagus Bundles



Green Beans



Lemon



Salmon fillet



Green Pesto



Panko Breadcrumbs



Grated Hard Italian Style
Cheese



Butter

Before you start

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

Cooking tools, you will need:

Baking Tray, Zester, Baking Paper, Bowl, Saucepan, Lid, Aluminum Foil, Whisk, Measuring Jug.

Ingredients

	2P	3P	4P
Potato**	450g	700g	900g
Echalion Shallot**	1	1	2
Asparagus Bundles**	100g	150g	200g
Green Beans**	80g	80g	150g
Lemon**	½	¾	1
Salmon fillet 4)**	2	3	4
Green Pesto 7)	1 sachet	1½ sachets	2 sachets
Panko Breadcrumbs 13)	10g	15g	20g
Grated Hard Italian Style Cheese 7) 8)**	20g	30g	40g
Butter 7)**	30g	45g	60g
Water for the Sauce*	200ml	300ml	400ml

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	523g	100g
Energy (kJ/kcal)	2569/614	491/117
Fat (g)	32	6
Sat. Fat (g)	14	3
Carbohydrate (g)	47	9
Sugars (g)	4	1
Protein (g)	34	7
Salt (g)	0.70	0.13

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 7) Milk 8) Egg 13) Gluten

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, Soy, Gluten & Sulphites.

Contact

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Roast the Potatoes

Preheat your oven to 200°C. Peel and chop the **potatoes** into 2cm chunks and pop onto a large baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Toss to coat then spread out and roast on the middle shelf of your oven until golden, 30-35 mins, turning halfway.



Prep

Meanwhile, halve, peel and thinly slice the **shallot**. Trim the bottom 2cm off from the **asparagus** and discard. Trim the **green beans** and chop in half. Zest and halve the **lemon**.



Prepare the Salmon

Line a baking tray with baking paper and lay the **salmon fillets** on top, skin-side down. Spread the **pesto** evenly over the top of each **fillet**. In a small bowl combine the **panko breadcrumbs** with the **hard Italian style cheese**. Sprinkle this **mixture** over the **fish**, pressing it on lightly to cover all the **pesto**. Drizzle the top with **oil** and set aside, we will bake the **salmon** later. **IMPORTANT: Wash your hands after handling raw fish.**



Cook the Salmon

Take a moment to have a tidy up. When the **potatoes** have about 10 mins left, pop the **salmon** on the top shelf of your oven and bake until the top is golden, 10-12 mins. **IMPORTANT: The salmon is cooked when opaque in the centre.** Meanwhile, heat a drizzle of **oil** in a large saucepan on medium heat. When hot, add the **shallot** and cook until soft, stirring occasionally, 3-4 mins.



Finish Up

Add the **green beans** to the pan. Season with **salt** and **pepper** and stir-fry until starting to char, 2-3 mins. Add the **asparagus pieces** and a splash of **water** to the pan, cover with a lid and steam-fry until tender, 3-4 more mins. Once cooked, transfer to a bowl and cover with foil to keep warm. Return the pan to medium heat with the **water** (see ingredients for amount). Squeeze in the **lemon juice**, bring to the boil and whisk in the **butter** until you have a glossy **sauce**. Remove from the heat and season to taste with **salt, pepper** and a pinch of **lemon zest**.



Serve

Divide the crispy **potatoes** between your plates and serve the **sugar snaps** and **beans** alongside. Add the **pesto crusted salmon** and spoon the **lemon butter sauce** all around.

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.