



Salmon and Asparagus

with Salad Potatoes and Chive Butter Sauce

Premium 40 Minutes • 1 of your 5 a day

27



Butter



Salad Potatoes



Asparagus



Baby Plum Tomatoes



Chives



Salmon

Before you start

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

Cooking tools, you will need:

Baking Tray, Small Bowl, Frying Pan.

Ingredients

	2P	3P	4P
Butter 7) **	30g	45g	60g
Salad Potatoes**	350g	500g	700g
Baby Plum Tomatoes	125g	190g	250g
Chives**	½ bunch	¾ bunch	1 bunch
Asparagus**	150g	200g	300g
Salmon 4) **	2	3	4

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	429g	100g
Energy (kJ/kcal)	1884 /450	439 /105
Fat (g)	24	6
Sat. Fat (g)	11	3
Carbohydrate (g)	33	8
Sugars (g)	6	1
Protein (g)	27	6
Salt (g)	0.25	0.06

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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Packed in the UK

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Roast the Potatoes

Preheat your oven to 200°C, 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 on a large baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Toss to coat then spread out and roast on the top shelf of your oven until golden, 25-30 mins, turning halfway.



Make the Butter

Meanwhile, put the **butter** in a small bowl and mash with a fork until soft. Stir in the **chives** and season with a pinch of **salt** and **pepper**. Set aside (keep at room temperature).



Prep

Meanwhile, chop the **baby plum tomatoes** in half. Finely chop the **chives** (or use scissors). Trim the bottom 2cm off of the **asparagus** and discard.



Cook the Salmon

When the **veggies** are in the oven, heat a drizzle of **oil** in a frying pan on high heat. Season the **salmon** with **salt** and **pepper**. When the pan is hot, carefully lay in the **fish** skin-side down. Lower the heat slightly and fry until the skin is crisp, 4-5 mins. **TIP:** Don't try and turn the fish too soon or the skin won't crisp! Turn and cook for a further 4-5 mins. **IMPORTANT:** The salmon is cooked when opaque in the centre.



Roast the Veggies

Pop the **asparagus** and **tomatoes** on another baking tray and drizzle with **oil**. Season with **salt** and **pepper**, toss to coat and spread out. When the **potatoes** have 10 mins left, put the **veggies** in the oven to roast until the **asparagus** is tender and the **tomatoes** soft and sticky, 8-10 mins.



Serve

When the **salmon** is cooked, remove the pan from the heat and turn the **salmon fillets** so as they are skin-side down. Divide the **chive butter** between the top of each **salmon fillet** - it will melt from the heat of the **fish**. Divide the **roasted potatoes** and **veg** between your plates and finish with the **pan-fried salmon**. Drizzle over the **buttery juices** from the pan.

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.