



# Salmon en Papillote and Tomato Butter Sauce with Herby Smashed Potatoes and Roasted Tenderstem® Broccoli

29

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



Salad Potatoes



Echalion Shallot



Lemon



Red Chilli



Flat Leaf Parsley



Baby Plum Tomatoes



Salmon Fillet



Tenderstem® Broccoli



Vegetable Stock Paste



Unsalted Butter

**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

Kettle, saucepan, fine grater, colander, baking tray, potato masher, aluminium foil, frying pan and bowl.

## Ingredients

| Ingredients               | 2P      | 3P      | 4P      |
|---------------------------|---------|---------|---------|
| Salad Potatoes            | 350g    | 500g    | 700g    |
| Echalion Shallot**        | 1       | 1       | 2       |
| Lemon**                   | ½       | 1       | 1       |
| Red Chilli**              | ½       | ¾       | 1       |
| Flat Leaf Parsley**       | 1 bunch | 1 bunch | 1 bunch |
| Baby Plum Tomatoes        | 125g    | 190g    | 250g    |
| Salmon Fillet** 4)        | 2       | 3       | 4       |
| Tenderstem® Broccoli**    | 150g    | 200g    | 300g    |
| Vegetable Stock Paste 10) | 10g     | 15g     | 20g     |
| Unsalted Butter** 7)      | 30g     | 40g     | 60g     |

| Pantry               | 2P    | 3P    | 4P    |
|----------------------|-------|-------|-------|
| Water for the Sauce* | 100ml | 150ml | 200ml |

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

## Nutrition

| Typical Values for uncooked ingredient | Per serving | Per 100g |
|--|-------------|----------|
| Energy (kJ/kcal)                       | 1692 /404   | 382 /91  |
| Fat (g)                                | 21.5        | 4.8      |
| Sat. Fat (g)                           | 9.9         | 2.2      |
| Carbohydrate (g)                       | 33.9        | 7.6      |
| Sugars (g)                             | 8.0         | 1.8      |
| Protein (g)                            | 18.6        | 4.2      |
| Salt (g)                               | 1.30        | 0.29     |

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

4) Fish 7) Milk 10) Celery

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

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](https://hellofresh.co.uk) or use our app to rate this recipe

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



## Get Prepped

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

Boil your kettle, then pour the **boiled water** into a medium saucepan with ½ **tsp salt** on high heat.

Halve any larger **potatoes** (no need to peel), then add the **potatoes** to the **boiling water** and simmer until you can just slip a knife through, 10-15 mins.

Meanwhile, halve, peel, and thinly slice the **shallot**. Zest and halve the **lemon** (see ingredients for amount).

Halve the **chilli** lengthways, deseed, then finely chop. Roughly chop the **parsley** (stalks and all). Halve the **tomatoes**.



## Bring on the Butter Sauce

When the **potatoes** have 15 mins left, pop the **salmon** and **broccoli** tray on the middle shelf of your oven. Roast until the **broccoli** is crispy and your **salmon** is cooked, 10-13 mins. **IMPORTANT: The fish is cooked when opaque in the middle.**

Meanwhile, heat a drizzle of **oil** in a medium frying pan on medium heat. Once hot, add the **shallot** and **tomatoes** and cook until softened, 5-6 mins.

Stir in the **veg stock paste** and **water for the sauce** (see pantry for amount). Bring to the boil, then lower the heat and simmer until the liquid has reduced by half, 3-4 mins.

Once reduced, turn the heat to low and stir in the **butter** until melted. Stir through **half the parsley**.



## Roast the Potatoes

Once the **potatoes** are cooked, drain in a colander, then pop onto a large baking tray. Spread out in a single layer.

Use the back of a large spoon or potato masher to slightly crush each **potato**. Drizzle with **oil** and season with **salt** and **pepper**.

When the oven is hot, roast on the top shelf until golden, 25-30 mins. Turn halfway through.



## Make the Herby Garnish

In a small bowl, add the **chilli** (use less if you'd prefer things milder), **lemon zest** and remaining **parsley**. Season with **salt** and mix together well.

When the **smashed potatoes**, **salmon** and **broccoli** are cooked, remove them from the oven.



## Prep your Papillote

Drizzle a piece of foil with **oil** and add a **salmon fillet**. Season with **salt** and **pepper**, then squeeze on some **lemon juice**.

Fold the foil, sealing on all sides to create a **parcel**. Repeat with the other **fillet(s)**. **IMPORTANT: Wash your hands and equipment after handling raw fish.**

Pop the **parcels** onto one side of another baking tray with the **broccoli** on the other side. Drizzle the **broccoli** with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.



## Serve

Unwrap the **parcels** and plate up the **cooked salmon** with the **Tenderstem® broccoli**, **smashed potatoes** and any remaining **lemon wedges** alongside.

Sprinkle the **parsley garnish** onto the **potatoes** and spoon the **tomato butter sauce** over the **salmon** to finish.

## Enjoy!