



Salmon in Lemony Garlic Chive Butter with roast potatoes and broccoli

Calorie Smart 40-45 mins • Eat me first

11



Salmon



Potatoes



Chives



Garlic



Lemon



Broccoli



Paprika



Shallot

Pantry Items: Butter, Oil, Salt, Pepper



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Baking sheet with baking paper, grater, zester

Ingredients

	2P	4P
Salmon	200 g	400 g
Potatoes	3 units	6 units
Chives	5 g	10 g
Garlic	1 unit	2 units
Lemon	½ unit	1 unit
Broccoli	1 unit	1 unit
Paprika	1 sachet	2 sachets
Shallot	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	581 g	100 g
Energy (kJ/kcal)	2468.6 kJ/ 590 kcal	424.9 kJ/ 101.5 kcal
Fat (g)	23.1 g	4 g
Sat. Fat (g)	4.1 g	0.7 g
Carbohydrate (g)	66.5 g	11.4 g
Sugars (g)	6.4 g	1.1 g
Protein (g)	31.7 g	5.5 g
Salt (g)	2.4 g	0.4 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients.

Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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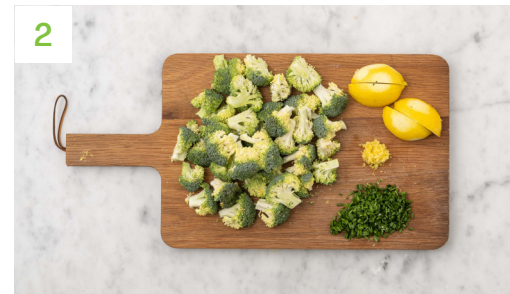
You can recycle me!



Roast the Potatoes

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Chop the **potatoes** into 2cm chunks (no need to peel). Pop the chunks onto a lined baking tray.
- Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.

TIP: Use two baking trays if necessary.



Get Prepped

- Meanwhile, roughly chop the **chives** (use scissors if you prefer).
- Zest **half** the **lemon** (double for 4p). Chop into quarters.
- Peel and grate the **garlic** (or use a garlic press).
- Halve, peel and finely chop the **shallot**.
- Trim the tip of the **broccoli**. Chop head into small florets and stem into 2cm pieces.



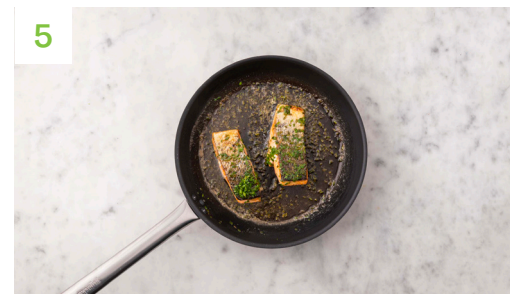
Cook the Broccoli

- Pop the **broccoli** onto another lined baking tray.
- Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer.
- When the **potatoes** have been in the oven for 15-20 mins, pop the **broccoli** onto the middle shelf.
- Roast until the edges are crispy and slightly charred, 10-15 mins.



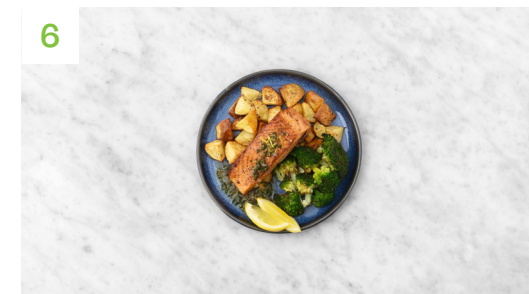
Fry the Fish

- Meanwhile, place a large pan over high heat with a drizzle of **oil** and 1 tbsp **butter** (double for 4p).
- Season the **salmon** with **salt** and **pepper**.
- Once the **butter** has melted, carefully place the **salmon** into the pan, skin-side down. **IMPORTANT:** Wash hands and equipment after handling raw fish.
- Cook for 4-5 before turning over and cooking for 3-4 mins on the other side. Remove from the pan and set aside.



Baste in Butter

- Add the **shallot**, **chives**, **paprika** and **garlic** to the pan along with the juice of 2 **lemon** wedges (double for 4p). Fry for 2-3 mins, until **shallot** has softened.
- Return the **fish** to the pan and spoon the **chive butter** sauce over the **fish**. **IMPORTANT:** Fish is cooked when opaque in the middle.



Finish and Serve

- When everything is ready, plate up the **salmon** with the roasted **broccoli** and **potatoes** alongside.
- Spoon the melted buttery **chive** sauce in the pan over the **fish**.
- Sprinkle with the **lemon** zest to finish.
- Serve with any remaining **lemon** wedges for squeezing over.

Enjoy!