



Pan-fried Chive Butter Salmon with roast potatoes and broccoli

Calorie Smart 40-45 mins

16



Salmon



Potatoes



Broccoli



Cherry Tomatoes



Chives

Pantry Items: Oil, Salt, Pepper, Butter



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

Ingredients

	2P	4P
Salmon	200 g	400 g
Potatoes	3 units	6 units
Broccoli	1 unit	1 unit
Cherry Tomatoes	125 g	250 g
Chives	5 g	10 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	590 g	100 g
Energy (kJ/kcal)	2443.5 kJ/ 584 kcal	414.1 kJ/ 99 kcal
Fat (g)	23.1 g	3.9 g
Sat. Fat (g)	4.1 g	0.7 g
Carbohydrate (g)	68.9 g	11.7 g
Sugars (g)	6.7 g	1.1 g
Protein (g)	31.8 g	5.4 g
Salt (g)	2 g	0.3 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.

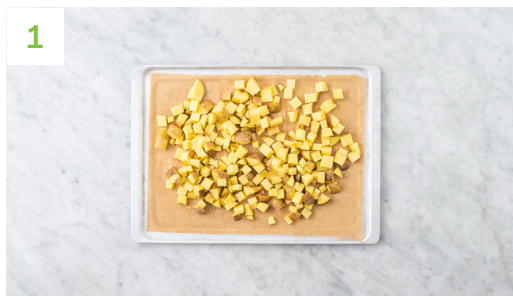
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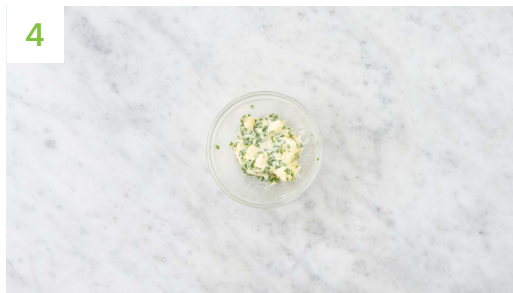


You can recycle me!



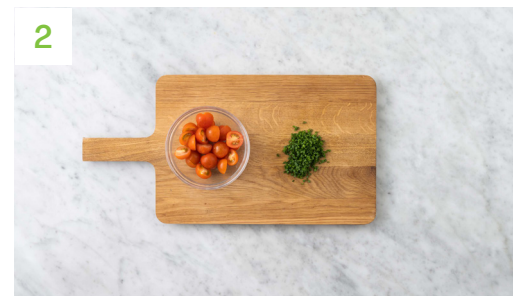
Roast the Potatoes

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Chop the **potatoes** into 2cm chunks (no need to peel) and pop onto a large (lined) baking tray.
- Drizzle with **oil** and season with **salt** and **pepper**.
- Toss to coat then spread out and roast on the top shelf of the oven until golden, 25-35 mins, turning halfway through.



Make the Butter

- Meanwhile, add 2 tbsp **butter** (double for 4p) to a small bowl and mash with a fork until softened.
- Stir in the chopped **chives**. Season with a pinch of **salt** and **pepper**.
- Set aside, making sure to keep at room temperature.



Get Prepped

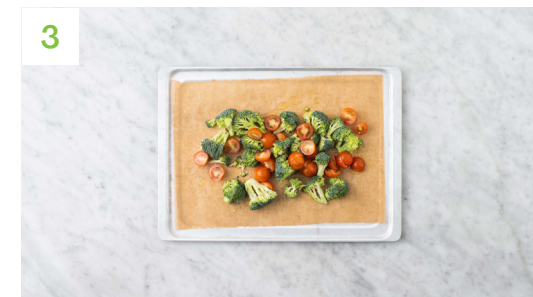
- Meanwhile, halve the **cherry tomatoes**.
- Finely chop the **chives** (use scissors if you prefer).
- Trim the tip of the **broccoli**. Chop stem into 2cm pieces and head into small florets.



Sear the Salmon

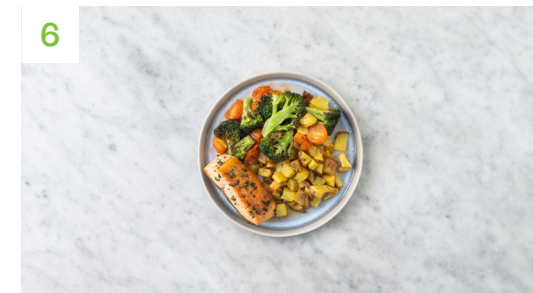
- Place a pan over high heat with a drizzle of **oil**.
- Pat the **salmon** dry with kitchen paper. Season with **salt** and **pepper**.
- Once pan is hot, lay in the **salmon**, skin-side down.
- Cook for 4-5 mins, turn over and cook for 3-4 mins on the other side. **IMPORTANT:** Wash hands and equipment after handling raw fish. Fish is cooked when opaque in the middle.

TIP: To get crispy skin on the fish, don't move it when it's cooking skin-side down.



Cook Your Veg

- Pop the **broccoli** and **tomatoes** on a separate lined baking tray.
- Toss with **salt**, **pepper** and a drizzle of **oil**. Spread out in a single layer.
- When the **potatoes** have 10 mins of cooking time left, place the veg in the oven to roast until the **broccoli** is tender and the **tomatoes** are soft and sticky, 10-12 mins.



Dish Up

- When the **salmon** is cooked, remove the pan from the heat and turn the fillets so they're skin-side down.
- Spoon **chive butter** over the top of each fillet—allowing it to melt from the heat of the **fish**.
- Divide the roast **potatoes** and veg between plates with the pan-fried **salmon** alongside.
- Drizzle over the buttery juices from the pan.

Enjoy!