



Salmon in Lemony Garlic Chive Butter with roast potatoes and broccoli

Calorie Smart 40 – 45 mins

11



Salmon



Potatoes



Chives



Garlic



Lemon



Broccoli



Paprika

Pantry Items: Butter, Oil, Salt, Pepper



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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	600 g	1200 g
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

Nutrition

	Per serving	Per 100g
for uncooked ingredients	563 g	100 g
Energy (kJ/kcal)	2319 kJ/ 554 kcal	412 kJ/ 98 kcal
Fat (g)	22.9 g	4.1 g
Sat. Fat (g)	7.1 g	1.3 g
Carbohydrate (g)	64.4 g	11.4 g
Sugars (g)	6 g	1.1 g
Protein (g)	31.7 g	5.6 g
Salt (g)	0.9 g	0.2 g

Nutrition for uncooked ingredients based on 2 person recipe.

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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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 **potatoes** 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 the tray halfway through.

TIP: Use two baking trays if necessary.



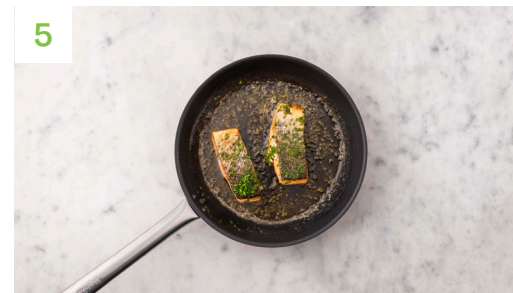
Fry the Fish

- Meanwhile, place a pan over high heat with 1 tbsp **butter** (double for 4p) and a drizzle of **oil**.
- 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, skin-side down, for 4-5 mins.
- Turn over and cook for 3-4 mins on the other side.



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).
- Trim the tip of the **broccoli**. Chop head into small florets and stem into 2cm pieces.



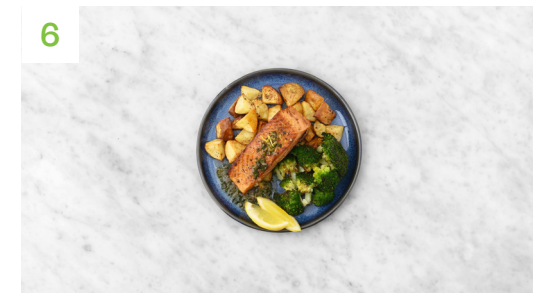
Baste in Butter

- Add the **chives**, **paprika** and **garlic** to the pan.
- Squeeze in the juice of two **lemon** wedges (double for 4p).
- Cook, continuously spooning the **chive butter** sauce over the **fish**, for 1-2 mins. **IMPORTANT:** Fish is cooked when opaque in the middle.
- Once cooked, remove the pan from the heat.



Cook the Broccoli

- Pop the **broccoli** onto a separate 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.



Finish and Serve

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

Enjoy!