



Cajun Salmon and Colcannon

with peas and garlic butter sauce

Calorie Smart 35 – 40 mins

20



Salmon



Kale



Garlic



Stock



Apple Cider Vinegar



Shallot



Peas



Potatoes



Cajun Spice Mix

Pantry Items: Salt, Pepper, Water, Milk (Optional), Oil, Butter, Flour



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

Colander, grater, pot with lid, potato masher

Ingredients

	2P	4P
Salmon	200 g	400 g
Kale	80 g	160 g
Garlic	2 units	4 units
Stock	1 sachet	2 sachets
Apple Cider Vinegar	½ sachet	1 sachet
Shallot	1 unit	2 units
Peas	120 g	240 g
Potatoes	600 g	1200 g
Cajun Spice Mix	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	548.8 g	100 g
Energy (kJ/kcal)	2464.4 kJ/ 589 kcal	449 kJ/ 107.3 kcal
Fat (g)	22.8 g	4.2 g
Sat. Fat (g)	7 g	1.3 g
Carbohydrate (g)	68.7 g	12.5 g
Sugars (g)	8.2 g	1.5 g
Protein (g)	32.2 g	5.9 g
Salt (g)	1.7 g	0.3 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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Make the Colcannon

- Boil a large pot of **salted water**.
- Chop the **potatoes** into 2cm chunks.
- Strip the leafy part of the **kale** from the stem. Tear into small pieces. Discard the stem.
- Add the **potatoes** to the boiling **water**. Cook until fork tender, 12-18 mins. Add the **kale** in the final 2-3 mins of cooking time.
- Drain in a colander and return to the pot. Mash together with a knob of **butter** and a splash of **milk** or **water**. Season with **salt** and **pepper**. Cover to keep warm.



Simmer the Sauce

- Add 1 tsp **flour** (double for 4p) to the pot and mix well to incorporate.
- Stir in 100ml **water** (double for 4p) along with the **stock**.
- Bring to the boil. Lower the heat and mix in 1 tbsp **butter** (double for 4p).
- Simmer until the **butter** has melted and the sauce has thickened slightly, 1-2 mins.
- Remove from the heat and cover to keep warm.

TIP: *If necessary, reheat the sauce just before serving.*



Get Prepped

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Halve, peel and chop the **shallot** into small pieces.



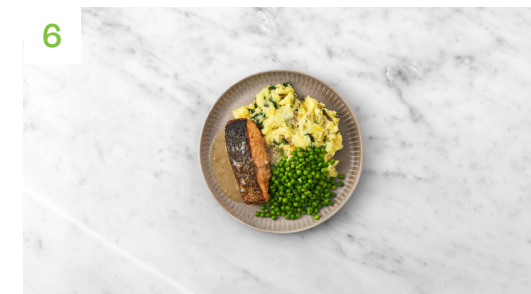
Sear the Salmon

- Place a pan over high heat with a drizzle of **oil**.
- Toss the **salmon** with **Cajun spice**, **salt**, **pepper** and a drizzle of **oil**.
- Once hot, add the **salmon** to the pan, 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 centre.
- When 2 mins of cooking time remain, add the **peas** to the pan and allow to warm through.



Start the Sauce

- Place a separate pot over medium heat with a drizzle of **oil**.
- Once hot, fry the **shallot** until softened, 4-5 mins.
- Add the **garlic** and cook until fragrant, 30 secs.
- Pour in **half** the **apple cider vinegar** (double for 4p) and allow to evaporate.



Finish and Serve

- Divide the colcannon between plates.
- Serve the **Cajun salmon** and **peas** alongside.
- Drizzle the **garlic butter** sauce over the **salmon**.

Enjoy!