



Hazelnut Crusted Salmon

with roasted fennel and mashed potato

30 – 35 mins

16



Salmon



Breadcrumbs



Hazelnuts



Potatoes



Mayo



Lemon



Fennel



Onion

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



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, colander, pot with lid, potato masher, zester

Ingredients

	2P	4P
Salmon	200 g	400 g
Breadcrumbs	1 pack	1 pack
Hazelnuts	10 g	20 g
Potatoes	600 g	1200 g
Mayo	1 sachet	2 sachets
Lemon	1 unit	2 units
Fennel	1 unit	2 units
Onion	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	659 g	100 g
Energy (kJ/kcal)	2916.2 kJ/ 697 kcal	442.5 kJ/ 105.8 kcal
Fat (g)	30.5 g	4.6 g
Sat. Fat (g)	4.8 g	0.7 g
Carbohydrate (g)	81.9 g	12.4 g
Sugars (g)	7 g	1.1 g
Protein (g)	30.6 g	4.6 g
Salt (g)	1 g	0.1 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.

Contact

Share your creations with
#HelloFreshIreland

Any questions? Contact our customer care team at [hellofresh.ie/about/faq](https://www.hellofresh.ie/about/faq)

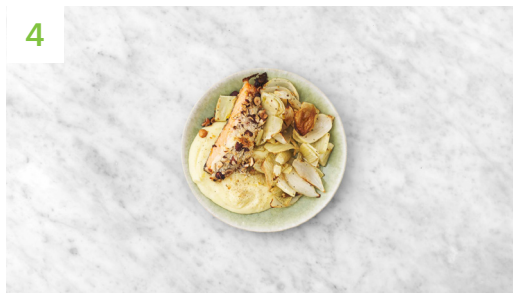


You can recycle me!



Roast the Fennel

- Preheat the oven to 220°C/200°C fan/gas mark 7.
- Halve, peel and chop the **onion** into wedges.
- Trim the root and stalk of the **fennel**. Halve lengthways then cut each **half** lengthways into quarters.
- Place the **onion** and **fennel** on a lined baking tray. Toss with **salt, pepper** and a drizzle of **oil**.
- Roast until tender, 25-30 mins. Turn the tray halfway through.



Serve and Enjoy

- Dish up a helping of creamy mashed **potato**.
- Top with the **hazelnut** crusted **salmon**.
- Plate the roast **fennel** and **onion** alongside.
- Serve with remaining **lemon** wedges for squeezing over.

Enjoy!



Make the Mash

- Meanwhile, chop the **potatoes** into 2cm chunks (peeling optional).
- Place in a pot, cover with **water** and season with **salt**.
- Bring to the boil and cook until fork tender, 12-18 mins.
- Once cooked, drain in a colander (reserving a little cooking **water**) and return to the pot, off the heat.
- Add a knob of **butter** and a splash of **milk** or cooking **water**. Mash until smooth. Season with **salt** and **pepper**. Cover to keep warm.



Bake the Salmon

- Meanwhile, finely chop the **hazelnuts**.
- Zest and quarter the **lemon**.
- In a bowl, mix **lemon zest, hazelnuts, breadcrumbs** and 1 tbsp **oil** (per 2P).
- Lay the **salmon** on a lined baking tray, skin-side down. **IMPORTANT:** Wash hands and equipment after handling raw fish. Fish is cooked when opaque in the middle.
- Spread the **mayo** over the top of the **fish** then press the **hazelnut** crumb on top. Bake on the top shelf of the oven until cooked through, 10-15 mins.