



Baked Salmon with Hazelnut Crust

with creamy garlic potatoes

35 – 40 mins

9



Salmon



Breadcrumbs



Creme Fraiche



Garlic



Mayo



Baby Potatoes



Stock



Hazelnuts



Italian Herbs



Green Beans



Carrot

Pantry Items: Water, Salt, Oil, 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.

Wash hands before and after handling ingredients. Wash fruit and veg, but not meat. Use different utensils for raw and ready-to-eat foods or wash these in between uses.

Cooking tools you will need

Baking sheet with baking paper, colander, grater

Ingredients

	2P	4P
Salmon	200 g	400 g
Breadcrumbs	1 pack	1 pack
Crema Fraiche	65 g	110 g
Garlic	2 units	4 units
Mayo	2 sachets	4 sachets
Baby Potatoes	500 g	1000 g
Stock	1 sachet	2 sachets
Hazelnuts	10 g	20 g
Italian Herbs	½ sachet	1 sachet
Green Beans	75 g	150 g
Carrot	1 unit	2 units

Nutrition

for uncooked ingredient	Per 100g
Energy (kJ/kcal)	548.5 kJ/ 131.1 kcal
Fat (g)	6.8 g
Sat. Fat (g)	1.7 g
Carbohydrate (g)	12.8 g
Sugars (g)	1.7 g
Protein (g)	5.7 g
Salt (g)	0.5 g

See site or app for detailed nutritional info.

Allergens

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

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Boil the Potatoes

- Preheat the oven to 220°C/200°C fan/gas mark 7.
- Boil a pot of **salted water** for the **potatoes**.
- Halve the **potatoes** (quarter larger **potatoes**).
- Peel and grate the **garlic** (or use a garlic press).
- Add the **potatoes** to the boiling **water**, lower heat to medium and cook until fork tender, 15-20 mins. Once cooked, reserve 50ml of the **water** (per 2P), drain the **potatoes** and pop into a bowl.

TIP: If you're in a hurry you can boil the water in your kettle.



Prep the Potatoes

- When the **potatoes** are cooked, return the empty pot to medium-high heat with a knob of **butter**.
- Once hot, fry the **garlic** and **half** a sachet of **Italian herbs** (per 2P) until fragrant, 30 secs.
- Add the drained **potatoes**, **stock**, **crema fraiche** and reserved cooking **water**.
- Bring to a simmer and cook until the sauce is reduced and creamy, 2-5 mins.
- Taste and season with **salt** and **pepper**. Loosen with a splash of **water** if necessary.



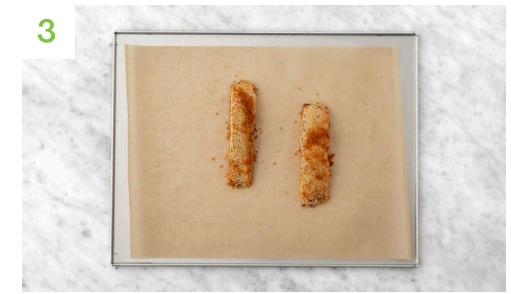
Make the Crumb

- Meanwhile, finely bash or chop the **hazelnuts**.
- In a bowl mix **breadcrumbs**, **hazelnuts**, **salt** and **pepper**.
- Pat the **salmon** with kitchen paper to remove excess moisture. **IMPORTANT:** Wash hands and equipment after handling raw fish.
- Arrange the fillets, skin-side down, on a lined baking tray. Spread a layer of **mayo** over the top.
- Spoon equal amounts of the **breadcrumb** mix onto each fillet. Press down firmly with the back of the spoon to ensure it adheres.



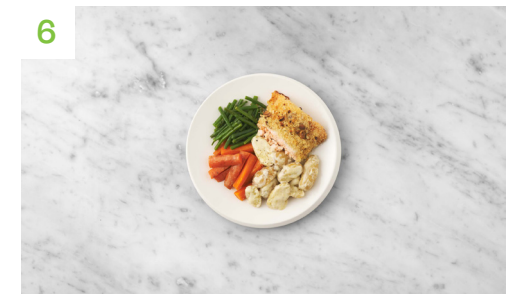
Boil the Veg

- Boil a separate pot of **salted water** for the veg.
- Trim the **carrot**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.
- Trim and halve the **green beans**.
- Once boiling, add the **green beans** and **carrot** and cook until just tender, 4-6 mins.
- Drain and return to the pot. Toss with **salt**, **pepper** and a drizzle of **oil**.



Cook the Salmon

- Drizzle **oil** over the crumbed **salmon**.
- Bake in the middle of the oven until the **fish** is cooked through and the **breadcrumbs** are golden, 15-20 mins. **IMPORTANT:** Salmon is cooked when opaque in the middle.



Dish Up

- Divide the crumbed **salmon** between plates.
- Serve with veg and creamy **potatoes** alongside.

Enjoy !