



Cajun Salmon and Colcannon

with peas and garlic butter sauce

35 – 40 mins

16



Salmon



Garlic



Stock



Apple Cider Vinegar



Shallot



Peas



Potatoes



Cajun Spice Mix



Baby Spinach



Salmon

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



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2025-W02

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

Colander, grater, pot with lid, potato masher

Ingredients

	2P	4P
Salmon	200 g	400 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
Baby Spinach	60 g	120 g
Salmon	400 g	800 g

Nutrition

	Recipe 1	
for uncooked ingredient	Per 100g	Per 100g
Energy (kJ/kcal)	453.5 kJ/ 108.4 kcal	529 kJ/ 127 kcal
Fat (g)	4.3 g	6.2 g
Sat. Fat (g)	1.3 g	1.6 g
Carbohydrate (g)	12.2 g	10.3 g
Sugars (g)	1.5 g	1.3 g
Protein (g)	5.9 g	8.2 g
Salt (g)	0.3 g	0.2 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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Make the Colcannon

- Chop the **potatoes** into 2cm chunks.
- 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. Add the **spinach** and stir until wilted. Season with **salt** and **pepper**. Cover to keep warm.



Simmer the Sauce

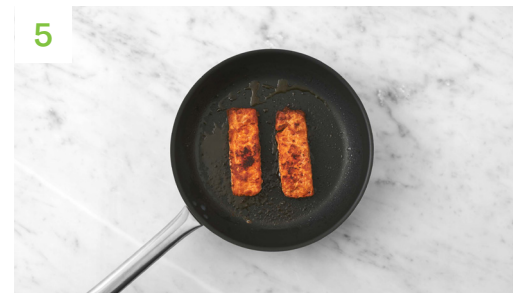
- Add 1 tsp **flour** (per 2P) to the pot and mix well to incorporate.
- Stir in 100ml **water** (per 2P) along with the **stock**.
- Bring to the boil. Lower the heat and mix in 1 tbsp **butter** (per 2P).
- Simmer until the **butter** has melted and the sauce has thickened slightly, 1-2 mins.
- Remove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



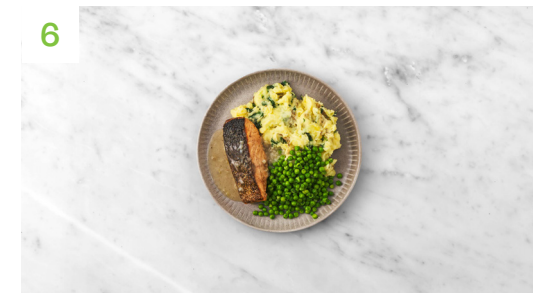
Sear the Salmon

- 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** a sachet of **apple cider vinegar** (per 2P) 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!