



Salmon Hollandaise

with buttery potatoes and salad

30 – 35 mins

9



Salmon



Baby Potatoes



Hollandaise Sauce



Salad Leaves



Balsamic Glaze



Apple



Radish



Salmon

Pantry Items: Butter, Oil, Salt, Pepper, Sugar



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

Colander, pot with lid

Ingredients

	2P	4P
Salmon	200 g	400 g
Baby Potatoes	500 g	1000 g
Hollandaise Sauce	100 g	200 g
Salad Leaves	40 g	80 g
Balsamic Glaze	1 sachet	2 sachets
Apple	½ unit	1 unit
Radish	125 g	250 g
Salmon	400 g	800 g

Nutrition

for uncooked ingredient	Per 100g	Per 100g
Energy (kJ/kcal)	518 kJ/ 124 kcal	583 kJ/ 139 kcal
Fat (g)	7.1 g	8.5 g
Sat. Fat (g)	2.1 g	2.3 g
Carbohydrate (g)	10.4 g	8.8 g
Sugars (g)	1.9 g	1.6 g
Protein (g)	5.1 g	7.5 g
Salt (g)	0.1 g	0.1 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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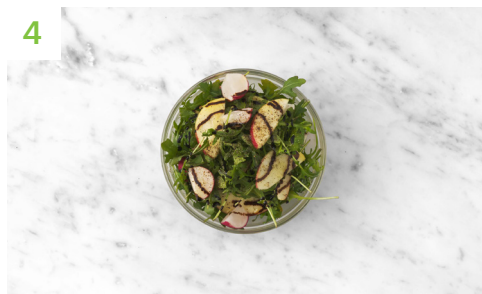


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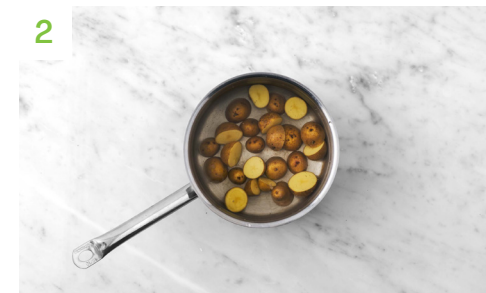
Get Prepped

- Boil a large pot of salted water for the **potatoes**.
- Halve the **potatoes** (quarter larger **potatoes**).
- Chop **half** the **apple** (per 2P) into thin slices.
- Trim and quarter the **radish**.



Make the Dressing

- Meanwhile, add the **balsamic glaze** to a salad bowl along with 1 tbsp **oil** (per 2P).
- Mix together and season with **salt** and **pepper**, then set aside.
- Just before serving, toss the **salad leaves**, **apple** and **radish** through the dressing.



Boil the Potatoes

- When **water** is boiling, add the **potatoes**, lower the heat to medium and cook until fork tender, 15-20 mins.
- Once cooked, drain in a colander and return to the pot, off the heat.
- Cover with a lid to keep warm.

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



Finishing Touches

- Meanwhile, pour the **hollandaise** into the now empty pan and gently warm through on medium heat. Season to taste with **salt**, **pepper** and **sugar**.
- When the **potatoes** are cooked and drained, add 1 tbsp of **butter** (per 2P) to the pot.
- Toss the **potatoes** until the **butter** has melted.
- Season with **salt** and **pepper**.



Cook the Salmon

- Place a pan over high heat with a drizzle of **oil**.
- Pat the **salmon** dry with kitchen paper. Season with **salt** and **pepper**.
- Once hot, add the **salmon fillets**, 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.
- Remove from the pan and cover to keep warm.



Serve and Enjoy

- When everything is ready, share the **salmon** between plates.
- Serve the salad and buttery **potatoes** alongside.
- Drizzle the sauce over the **salmon** to finish.

Enjoy !