



Salmon in Lemony Garlic Chive Butter with roast potatoes and broccoli

40 – 45 mins

24



Salmon



Potatoes



Chives



Garlic



Lemon



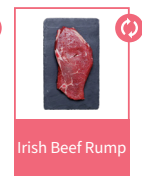
Broccoli



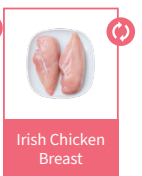
Paprika



Salmot Fillet



Irish Beef Rump



Irish Chicken Breast

Pantry Items: Butter, Oil, Salt, Pepper



Rate your recipe!

2025-W05

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, grater, zester

Ingredients

	2P	4P
Salmon	200 g	400 g
Potatoes	600 g	1200 g
Chives	5 g	10 g
Garlic	1 unit	2 units
Lemon	½ unit	1 unit
Broccoli	1 unit	1 unit
Paprika	1 sachet	2 sachets
Salmot Fillet	400 g	800 g
Irish Beef Rump	250 g	500 g
Irish Chicken Breast	320 g	640 g

Nutrition

		Recipe 1	Recipe 2	Recipe 3
for uncooked ingredient	Per 100g	Per 100g	Per 100g	Per 100g
Energy (kJ/kcal)	412 kJ/ 98 kcal	491 kJ/ 117 kcal	409 kJ/ 98 kcal	336 kJ/ 80 kcal
Fat (g)	4.1 g	5.9 g	3.7 g	1.7 g
Sat. Fat (g)	1.3 g	1.5 g	1.8 g	0.8 g
Carbohydrate (g)	11.4 g	9.7 g	10.9 g	10.4 g
Sugars (g)	1.1 g	0.9 g	1 g	1 g
Protein (g)	5.6 g	7.9 g	6.6 g	8 g
Salt (g)	0.2 g	0.1 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.

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 Potatoes

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Chop the **potatoes** into 2cm chunks (no need to peel).
- Pop the **potatoes** onto a lined baking tray.
- Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn the tray halfway through.

TIP: Use two baking trays if necessary.



Get Prepped

- Meanwhile, roughly chop the **chives** (use scissors if you prefer).
- Zest **half a lemon** (per 2P). Chop into quarters.
- Peel and grate the **garlic** (or use a garlic press).
- Trim the tip of the **broccoli**. Chop head into small florets and stem into 2cm pieces.



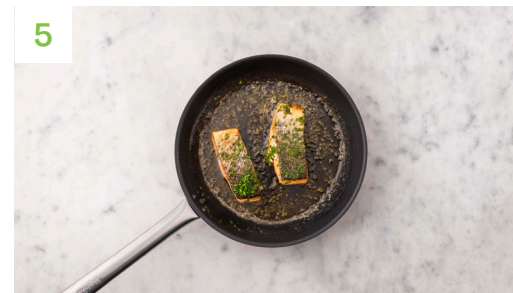
Cook the Broccoli

- Pop the **broccoli** onto a separate lined baking tray.
- Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer.
- When the **potatoes** have been in the oven for 15-20 mins, pop the **broccoli** onto the middle shelf.
- Roast until the edges are crispy and slightly charred, 10-15 mins.



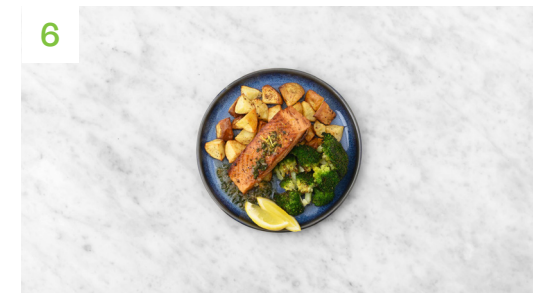
Fry the Fish

- Meanwhile, place a pan over high heat with a drizzle of **oil**.
- Season the **salmon** with **salt** and **pepper**.
- Carefully place the **salmon** into the pan, skin-side down. **IMPORTANT:** Wash hands and equipment after handling raw fish.
- Cook, skin-side down, for 4-5 mins.
- Turn over and cook for 3-4 mins on the other side.



Baste in Butter

- Add the **chives**, **paprika**, **garlic** and 1 tbsp **butter** (per 2P) to the pan.
- Squeeze in the juice of two **lemon** wedges (per 2P).
- Cook, continuously spooning the **chive butter** sauce over the **fish**, for 1-2 mins. **IMPORTANT:** Fish is cooked when opaque in the middle.
- Once cooked, remove the pan from the heat.



Finish and Serve

- When everything is ready, plate up the **salmon** with the roasted **broccoli** and **potatoes** alongside.
- Spoon the melted buttery **chive** sauce from the pan over the **fish**.
- Sprinkle with the **lemon** zest to finish.
- Serve with any remaining **lemon** wedges for squeezing over.

Enjoy!

CUSTOM OPTIONS



IRISH BEEF RUMP

Swapping to beef rump? Add to the hot pan, season as instructed and fry until cooked to your liking, 1-6 mins on each side.



IRISH CHICKEN BREAST

Swapping to chicken breast? Slice through the breasts to make thin steaks, season as instructed and fry in the hot pan, 3-6 mins each side.