



# Salmon and Cannellini Bean Mash

with roasted broccoli and toasted pine nuts

Quick Cook 20-25 mins

18



Salmon



Cannellini Beans



Parsley



Garlic



Lemon



Mustard



Onion



Red Wine Vinegar



Broccoli



Pine Nuts



Hello Muscat

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



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## 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, grater, sieve, zester

## Ingredients

	2P	4P
Salmon	200 g	400 g
Cannellini Beans	2 packs	4 packs
Parsley	5 g	10 g
Garlic	1 unit	2 units
Lemon	1 unit	2 units
Mustard	1 sachet	2 sachets
Onion	1 unit	2 units
Red Wine Vinegar	1 sachet	2 sachets
Broccoli	1 unit	2 units
Pine Nuts	10 g	20 g
Hello Muscat	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	743.5 g	100 g
Energy (kJ/kcal)	2870.2 kJ/ 686 kcal	386 kJ/ 92.3 kcal
Fat (g)	20.6 g	2.8 g
Sat. Fat (g)	3.5 g	0.5 g
Carbohydrate (g)	63.2 g	8.5 g
Sugars (g)	10.2 g	1.4 g
Protein (g)	51.6 g	6.9 g
Salt (g)	5.5 g	0.7 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

## 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.

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### Roast the Broccoli

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Trim the tip of the **broccoli**. Cut head into small florets and stem into 2cm chunks.
- Pop the **broccoli** 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 the edges are crispy and slightly charred, 10-15 mins.



### Make the Mash

- Meanwhile, return the pan to medium-high heat with a drizzle **oil** and a knob of **butter**.
- Fry the **garlic** and **half** the **onion** until softened, 4-5 mins.
- Add the **mustard**, **beans**, **muscat**, **lemon** zest and **two-thirds** of the chopped **parsley**.
- Warm through for 2-3 mins then remove from the heat. Mash the **beans** with a fork until you've got a smooth consistency.
- Loosen with a splash of **milk**, if desired. Season to taste with **salt**, **pepper** and **lemon** juice.



### Toast the Pine Nuts

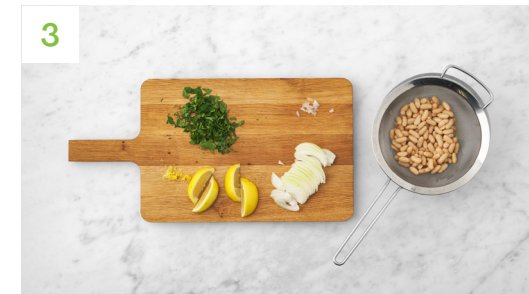
- Meanwhile, boil a large pot of **salted water** for the **salmon**.
- Place a pan over medium heat (without oil).
- Once the pan is hot, add the **pine nuts** and dry-fry, stirring regularly, until lightly toasted, 2-3 mins.
- Once toasted, remove from the pan and set aside. Reserve the pan for later use!

**TIP:** Keep an eye on the pine nuts so they don't burn!



### Poach the Salmon

- Once the **water** for the **salmon** has come to a boil, reduce the heat to medium-high.
- Pop in the **red wine vinegar** and remaining **onion**.
- Add the **salmon** to the pot (skin-side down).
- Leave to simmer until the **fish** is cooked through, 4-5 mins. **IMPORTANT:** Wash hands and equipment after handling raw fish. Salmon is cooked when opaque in the middle.
- Once cooked, drain the **salmon** and **onion**.



### Prep the Veg

- Halve, peel and thinly slice the **onion**.
- Peel and grate the **garlic** (or use a garlic press).
- Zest and quarter the **lemon**.
- Roughly chop the **parsley** (stalks and all).
- Drain and rinse the **cannellini beans** in a sieve.



### Garnish and Serve

- Divide the **cannellini bean** mash between plates and top with the **salmon** and **onions**.
- Serve the roasted **broccoli**, toasted **pine nuts** and **lemon** wedges alongside.
- Garnish with a sprinkling of remaining chopped **parsley**.

Enjoy!