



# Flaky Fried Salmon in Lemon Butter

with roast potatoes and carrots

Calorie Smart 40-45 mins • Eat me first

16



Salmon



Chives



Garlic



Lemon



Potatoes



Paprika



Carrot

Pantry Items: Butter, Oil, Salt, Pepper



## 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, zester

## Ingredients

	2P	4P
Salmon	200 g	400 g
Chives	10 g	20 g
Garlic	1 unit	2 units
Lemon	½ unit	1 unit
Potatoes	3 units	6 units
Paprika	1 sachet	2 sachets
Carrot	2 units	4 units

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	593.5 g	100 g
Energy (kJ/kcal)	2258.7 kJ/ 539.8 kcal	380.6 kJ/ 91 kcal
Fat (g)	15.8 g	2.7 g
Sat. Fat (g)	2.8 g	0.5 g
Carbohydrate (g)	72.2 g	12.2 g
Sugars (g)	10.8 g	1.8 g
Protein (g)	27.9 g	4.7 g
Salt (g)	0.7 g	0.1 g

Nutrition for uncooked ingredients based on 2 person recipe.

## 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.

## Contact

Thumbs up or thumbs down?  
Head online or use the app to  
rate this recipe.



You can recycle me!



### Roast the Potatoes

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Chop the **potatoes** into 2cm chunks (no need to peel). Pop the chunks 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 halfway through.

**TIP:** Use two baking trays if necessary.



### Get Prepped

- Meanwhile, roughly chop the **chives** (use scissors if you prefer).
- Zest **half** the **lemon** (double for 4p). Chop the **lemon** into quarters.
- Peel and grate the **garlic** (or use a garlic press).
- Trim the **carrot**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.
- Pop the **carrots** onto a large (lined) baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer.



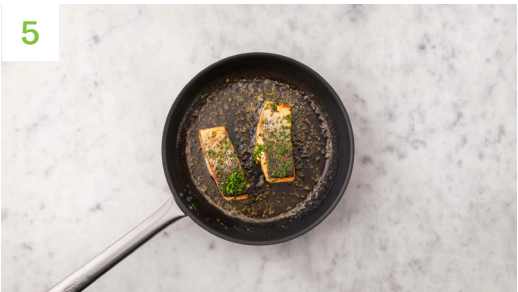
### Cook the Carrots

- When the **potatoes** have been in the oven for 10-15 mins, pop the **carrots** onto the top shelf.
- Roast until tender, 20-25 mins. Turn halfway through.



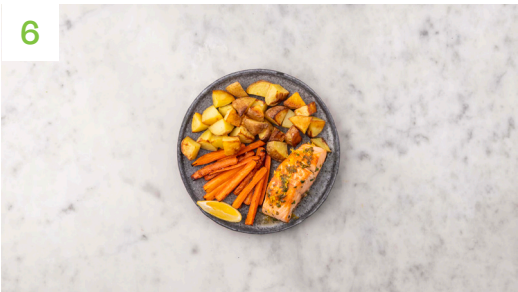
### Fry the Fish

- Meanwhile, place a large pan over medium-high heat with 1 tbsp **butter** (double for 4p).
- Season the **salmon** with **salt** and **pepper**.
- Once the **butter** has melted, carefully place the **salmon** into the pan skin-side down. **IMPORTANT:** Wash your hands and equipment after handling raw fish.
- Cook for 6-7 mins on one side before turning over and cooking for 6-7 mins on the other side.



### Baste in Butter

- Add the **chives**, **paprika** and **garlic** to the pan along with the juice of 2 **lemon** wedges (double for 4p).
- Spoon the **chive butter** sauce over the **fish** for 1-2 mins, then remove the pan from the heat. **IMPORTANT:** The fish is cooked when opaque in the middle.



### Finish and Serve

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

## Enjoy!