



Hazelnut Crusted Salmon

with pan-fried asparagus

Premium 30-35 mins • Eat me first

13



Salmon



Breadcrumbs



Hazelnuts



Parsley



Potatoes



Garlic



Mayo



Lemon



Mustard



Honey



Asparagus

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

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

Aluminum foil, baking sheet with baking paper, colander, lid, pan with lid, peeler, pot, potato masher, zester

Ingredients

	2P	4P
Salmon	200 g	400 g
Breadcrumbs	1 pack	1 pack
Hazelnuts	10 g	20 g
Parsley	5 g	10 g
Potatoes	3 units	6 units
Garlic	4 units	8 units
Mayo	1 sachet	2 sachets
Lemon	1 unit	2 units
Mustard	1 sachet	2 sachets
Honey	1 sachet	2 sachets
Asparagus	200 g	400 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	492.5 g	100 g
Energy (kJ/kcal)	2608.3 kJ/ 623.4 kcal	529.6 kJ/ 126.6 kcal
Fat (g)	23 g	4.7 g
Sat. Fat (g)	3.4 g	0.7 g
Carbohydrate (g)	74.4 g	15.1 g
Sugars (g)	7.6 g	1.5 g
Protein (g)	29.3 g	5.9 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

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Roast the Garlic

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Pop the **garlic** (unpeeled) into a piece of foil with a good drizzle of **oil**. Scrunch to enclose.
- Roast the parcel in the oven until soft, 20-25 mins. Once cooled, squeeze the **garlic** out of its skin and mash with a fork.
- Meanwhile, boil a large pot of **salted water** for the **potatoes**.
- Peel and chop the **potatoes** into 2cm chunks

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



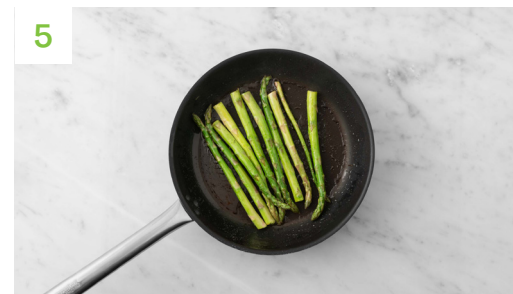
Make the Sauce

- Zest and halve the **lemon**.
- Place a small pot over medium-high heat with 2 tbsp **butter** (double for 4p).
- When the **butter** has melted, add 1 tsp **flour** (double for 4p) and stir to combine. Add the **mustard** and 75ml **water** (double for 4p). Bring to a boil and reduce for 2-3 mins.
- Remove from the heat. Mix in the **honey**, **lemon** zest and 1 tbsp **lemon** juice (double for 4p).
- Season to taste with **salt**, **pepper** and more **lemon** juice if required.



Make the Mash

- Add the **potatoes** to the boiling **water** and cook until fork tender, 15-20 mins.
- Once the **potatoes** are cooked, drain in a colander and return to the pot, off the heat.
- Add a knob of **butter** and a splash of **milk** or **water**. Mash until smooth.
- Season with **salt** and **pepper** and cover with a lid to keep warm.
- Once cooked, add the roast **garlic** to the **potatoes** and mix well.



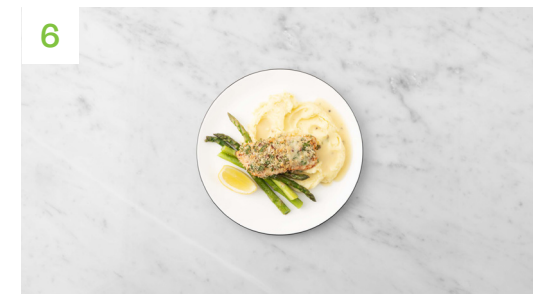
Fry the Asparagus

- Trim the bottom 1cm from the **asparagus** and discard.
- Place a large pan over medium heat with a drizzle of **oil**.
- Once the pan is hot, add the **asparagus** and season with **salt** and **pepper**.
- Fry for 1 min, then add a splash of **water** and immediately cover with a lid or some foil.
- Cook until tender, 4-6 mins, then remove from the heat.



Bake the Salmon

- Meanwhile, finely chop the **hazelnuts**. Roughly chop the **parsley**.
- In a small bowl, mix the **nuts**, **breadcrumbs**, **parsley** and 1 tbsp **oil** (double for 4p).
- Lay the **salmon** onto a lined baking tray, skin-side down. **IMPORTANT:** Wash hands and equipment after handling raw fish. Fish is cooked when opaque in the middle.
- Spread **mayo** over the top of the **fish**. Press the **hazelnut** crumb on top.
- Roast on the top shelf of the oven until cooked through, 10-15 mins.



Serve and Enjoy

- Just before serving, reheat the sauce.
- Dish up a helping of roast **garlic** mash and top with the **hazelnut** crusted **salmon**.
- Cut any remaining **lemon** into wedges. Serve alongside with the **asparagus**.
- Finish with a drizzle of the **lemon** sauce.

Enjoy!