



# Pan-seared Salmon in Herby Butter

with roast potatoes and broccoli

Calorie Smart 40-45 mins • Eat me first

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Salmon



Potatoes



Broccoli



Cherry Tomatoes



Chives

Pantry Items: Oil, Salt, Pepper, Butter

## Before you start

Our fruit, veg and herbs need a wash before you use them!

## Cooking tools you will need

Baking Sheet with Baking Paper

## Ingredients

	2P	4P
Salmon	200 g	400 g
Potatoes	400 g	800 g
Broccoli	1 unit	1 unit
Cherry Tomatoes	125 g	250 g
Chives	5 g	10 g

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	490 g	100 g
Energy (kJ/kcal)	1813.8 kJ/ 433.5 kcal	370.2 kJ/ 88.5 kcal
Fat (g)	16.1 g	3.3 g
Sat. Fat (g)	2.8 g	0.6 g
Carbohydrate (g)	41.6 g	8.5 g
Sugars (g)	5.6 g	1.1 g
Protein (g)	30 g	6.1 g
Salt (g)	0.1 g	0 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.

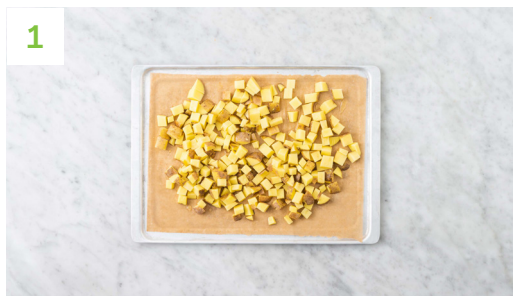
Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

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

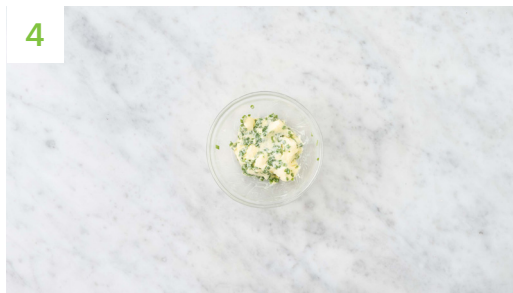


You can recycle me!



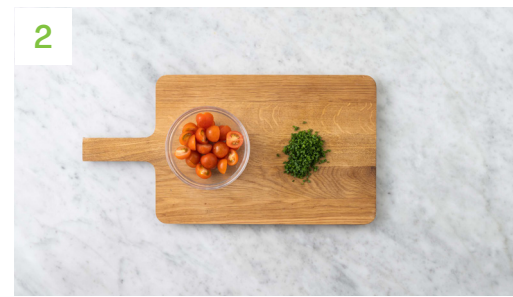
## Roast the Potatoes

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Chop the **potatoes** into 2cm chunks (no need to peel) and pop onto a large (lined) baking tray.
- Drizzle with **oil** and season with **salt** and **pepper**.
- Toss to coat then spread out and roast on the top shelf of your oven until golden, 25-30 mins, turning halfway.



## Make the Butter

- Meanwhile, put 2 tbsp **butter** (double for 4p) in a small bowl and mash with a fork until soft.
- Stir in the chopped **chives** and season with a pinch of **salt** and **pepper**.
- Set aside, making sure to keep at room temperature.



## Get Prepped

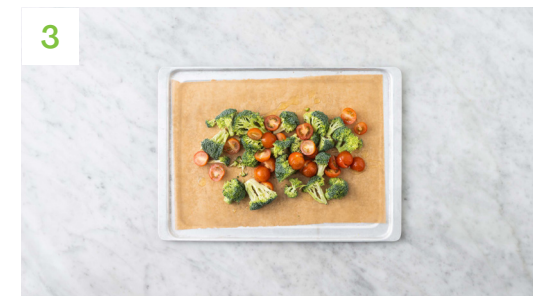
- Meanwhile, chop the **cherry tomatoes** in half.
- Finely chop the **chives**.
- Chop the **broccoli** into florets (like small trees). Halve any larger florets.



## Cook the Salmon

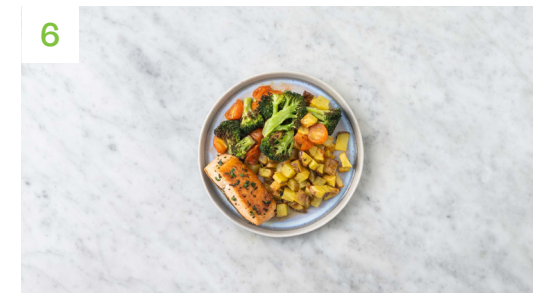
- Heat a drizzle of **oil** in a pan on high heat.
- Pat the **salmon** dry with kitchen paper. Season with **salt** and **pepper**.
- Once pan is hot, add the **salmon**, skin-side down.
- Cook for 4-5 mins, turn over and cook for 3-4 mins on the other side. **IMPORTANT:** Wash your hands and equipment after handling raw fish. The fish is cooked when opaque in the middle.

**TIP:** To get crispy skin on the fish, don't move it when it's cooking skin-side down.



## Roast Your Veg

- Pop the **broccoli** and **tomatoes** on another lined baking tray and drizzle with **oil**.
- Season with **salt** and **pepper**, toss to coat and spread out.
- When the **potatoes** have 10 mins left, put the veg in the oven to roast until the **broccoli** is tender and the **tomatoes** are soft and sticky, 10-12 mins.



## Dish Up

- When the **salmon** is cooked, remove the pan from the heat and turn the fillets so they're skin-side down.
- Spoon **chive butter** over the top of each fillet—it will melt from the heat of the **fish**.
- Divide the roasted **potatoes** and veg between your plates and finish with the pan-fried **salmon**.
- Drizzle over the buttery juices from the pan.

## Enjoy!