



Pesto Crumbed Salmon

with broccoli and garlicky potato dauphinoise

Premium 40-45 mins • Eat me first

13



Salmon



Creme Fraiche



Potatoes



Lemon



Hello Muscat



Green Pesto



Breadcrumbs



Grated Italian Style Hard Cheese



Garlic



Broccoli

Pantry Items: Salt, Oil, Pepper, Water

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, lid, oven dish, pan with lid, peeler, pot

Ingredients

	2P	4P
Salmon	200 g	400 g
Creme Fraiche	125 g	250 g
Potatoes	2 units	4 units
Lemon	1 unit	2 units
Hello Muscat	1 sachet	2 sachets
Green Pesto	1 sachet	2 sachets
Breadcrumbs	1 pack	1 pack
Grated Italian Style Hard Cheese	25 g	50 g
Garlic	1 unit	2 units
Broccoli	1 unit	1 unit

Nutrition

	Per serving	Per 100g
for uncooked ingredients	592.5 g	100 g
Energy (kJ/kcal)	3878.6 kJ/ 927 kcal	654.6 kJ/ 156.5 kcal
Fat (g)	60.1 g	10.1 g
Sat. Fat (g)	22.8 g	3.8 g
Carbohydrate (g)	61 g	10.3 g
Sugars (g)	8.2 g	1.4 g
Protein (g)	37.6 g	6.3 g
Salt (g)	3.4 g	0.6 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!



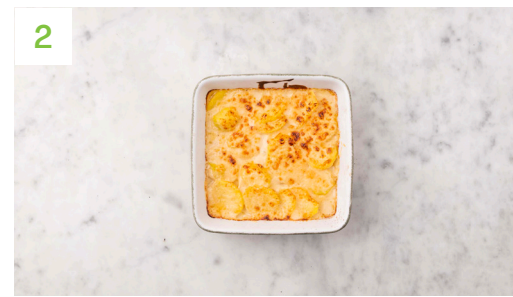
Parboil the Potatoes

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Peel and grate the **garlic** (or use a garlic press).
- Peel and slice the **potatoes** into ½ cm thick rounds.
- Place a medium pot over medium-high heat with a drizzle of **oil**.
- Once hot, fry the **garlic** for 1 min. Add the **potato, muscat, 125ml water** (double for 4p) and **creme fraiche**. Season with **pepper** and ¼ tsp **salt** (double for 4p).



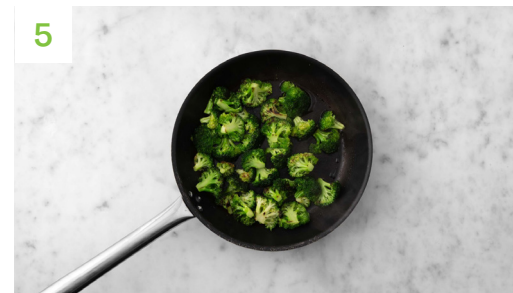
Bake the Salmon

- Carefully place the **salmon** onto a lined baking tray and drizzle with a little **oil**.
- Bake in the oven until cooked through, 15-20 mins. **IMPORTANT:** Salmon is cooked when opaque in the middle.



Bake the Dauphinoise

- Give everything a good stir. Bring to the boil then cover and reduce the heat to medium.
- Simmer until the **potatoes** are parboiled, 15-20 mins. Gently stir every so often to prevent sticking.
- When the **potatoes** are ready, transfer them to an appropriately-sized oven dish.
- Place on the top shelf of the oven and bake until the **potatoes** are cooked through, 15-20 mins.



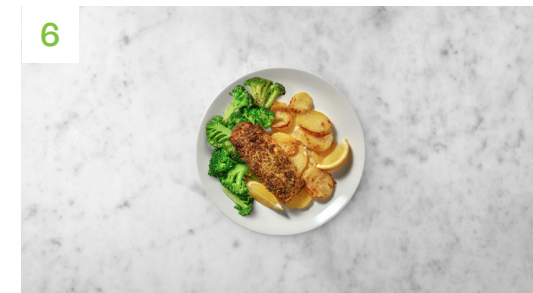
Fry the Broccoli

- Meanwhile, place a large pan over medium heat with a drizzle of **oil**.
- Halve the **lemon**.
- Cut the **broccoli** into florets (like small trees). Halve any large florets.
- Place a pan over high heat with a drizzle of **oil**. Once hot, add the **broccoli** and fry for 2-3 mins. Add a splash of **water** and squeeze of **lemon** juice.
- Immediately cover with a lid or some foil. Cook until the **broccoli** is tender, 4-5 mins. Once cooked, remove from the heat.



Coat the Salmon

- Meanwhile, in a small bowl combine the **pesto, breadcrumbs** and **cheese**.
- Pat the **salmon** dry with kitchen paper. **IMPORTANT:** Wash your hands after handling raw fish.
- Spread the mixture over the **fish**, pressing it down with the back of a spoon.



Finish and Serve

- Finish the **broccoli** with a squeeze of **lemon**.
- Plate up the **salmon** with the **potato** dauphinoise and tender **broccoli** alongside.
- Top with any remaining **lemon**, cut into wedges.

Enjoy!