



Everything
But The Chef

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Wk18
2015



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Salmon with Braised Chickpeas & Yoghurt Dressing

We know you're going to love this really different way of enjoying salmon. We've selected this ideal piece of fish to compliment the robust chickpea braise, and have added a dill and yoghurt dressing for extra deliciousness. We recommend keeping your salmon medium rare to achieve a perfect texture.



Prep: 10 mins

Cook: 30 mins

Total: 40 mins



level 1



gluten
free



pantry
items



Yoghurt



Dill



Lemon



Red Onion



Garlic



Diced Tomatoes



Chickpeas



Salmon

2P	4P	Ingredients
1 tub	2 tubs	yoghurt
1 tbs	2 tbs	dill, chopped
1/2	1	lemon, juiced ⊕
1/2	1	red onion, diced ⊕
2	4	garlic cloves, peeled & crushed ⊕
1 tin	2 tins	diced tomatoes
1 tin	2 tins	chickpeas, drained & rinsed
50 ml	100 ml	white wine *
2 fillets	4 fillets	salmon

⊕ May feature in another recipe

* Good to have at home

Nutrition per serving

Energy	2190	Kj
Protein	51.3	g
Fat, total	21.1	g
-saturated	5.4	g
Carbohydrate	27.3	g
-sugars	13	g

Measuretool

0 cm	1 cm	2 cm



1 Preheat the oven to **200°C/180°C** fan-forced.

2 In a small bowl, add the **yoghurt, dill, and lemon juice**. Stir to combine and season with **salt and pepper**. Cover and then place in the fridge.

3 Heat a small saucepan over a medium-high heat and add some olive oil. Add in the **onion** and sauté for **2 minutes** then throw in the **garlic, diced tomatoes, chickpeas, and white wine** and bring to a gentle simmer. Let it simmer away for a good **12 minutes** or until the sauce thickens. Taste along the way and adjust seasoning with salt and pepper.

4 Meanwhile, heat some oil in an oven proof pan over a high heat. Season the skin side of the **salmon** with salt and pepper. Add to the pan skin side down, cook for **3 minutes**. Turn the salmon over and place the whole pan into the oven and cook for a further **5 minutes** or until just cooked (cook for less time if you like it medium-rare). If you don't have an ovenproof pan, simply just turn the heat down before you turn your salmon over and cover the pan with a lid and cook for a further **5-7 minutes**.

5 Divide the braised chickpeas between plates and then top with the salmon and finally the yoghurt dressing, enjoy!

Did you know? Prince Charles is said to use wine to power his vintage Aston Martin - it's meant to reduce carbon emissions but definitely comes at a cost!