



SUN-DRIED TOMATO PESTO SALMON

with Potato Fries & Buttery Greens



Flavour salmon with sun-dried tomato pesto



Potato



Broccoli



Green Beans



Lemon



Salmon



Red Pesto

Pantry Staples: Olive Oil, Butter (Optional)

Hands-on: **20** mins
Ready in: **30** mins

Low calorie

Naturally gluten-free
Not suitable for Coeliacs

Eat me first

Salmon doesn't need much to make a great meal, which is why we've kept things simple with just a few spectacular additions. Our new red pesto, with sun-dried tomato, chargrilled capsicum, basil, almonds and Parmesan gives an irresistible flavour boost, while bright green veggies and baked potato fries provide loads of veggie content.

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **oven tray** lined with **baking paper** • **large frying pan**



1 BAKE THE FRIES

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm fries. Place the potato on an oven tray lined with baking paper, **drizzle** with **olive oil** and season with a **pinch** of **salt** and **pepper**. Toss to coat, then spread out in a single layer and bake until tender, **20-25 minutes**.

TIP: Cut the potato to the correct size so it cooks in the allocated time!



2 PREP THE VEGGIES

While the fries are baking, cut the **broccoli** into small florets and roughly chop the stalk. Trim the **green beans**. Cut the **lemon** into wedges.



3 COOK THE VEGGIES

Heat a large frying pan over a medium-high heat. Add the **broccoli** and a **splash** of **water** and cook, adding extra water as needed to prevent sticking, until softened slightly, **3-4 minutes**.



4 FINISH THE VEGGIES

Add the **green beans** and another **splash** of **water** to the pan with the **broccoli**. Cook until tender, **4-5 minutes**. Add the **butter** (if using) and a **good pinch** of **salt** and **pepper**.

TIP: For the low-calorie option, season the veggies but leave out the butter. Toss to coat the veggies, then transfer to a medium bowl. Cover to keep warm.



5 COOK THE SALMON

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Pat the **salmon** dry with paper towel and season both sides with a **pinch** of **salt** and **pepper**.

TIP: Patting the skin dry helps it crisp up in the pan! When the oil is hot, add the salmon to the pan, skin-side down, and cook until just cooked through, **2-4 minutes** each side (depending on thickness).



6 SERVE UP

Divide the potato fries, salmon and buttery greens between plates. Spoon the sun-dried tomato pesto over the salmon and serve with the lemon wedges.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	2	4
broccoli	1 head	2 heads
green beans	1 bag (100 g)	1 bag (200 g)
lemon	1	2
butter (optional)*	20g	40g
salmon	1 packet	1 packet
red pesto	1 tub (50 g)	1 tub (100 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2250kJ (537Cal)	392kJ (94Cal)
Protein (g)	39.7g	6.9g
Fat, total (g)	24.8g	4.3g
- saturated (g)	3.4g	0.6g
Carbohydrate (g)	32.6g	5.7g
- sugars (g)	12.7g	2.2g
Sodium (g)	139mg	24mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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