



# SEARED SALMON & LEMON SAUCE

with Golden Potatoes & Zucchini



Make a dill and lemon butter sauce



Potato



Zucchini



Broccoli



Dill



Lemon



Salmon



Hands-on: 30 mins  
Ready in: 40 mins



Naturally gluten-free  
*Not suitable for Coeliacs*



Eat me first



Low calorie

Sometimes, great cooking is a flurry of clever techniques and a dizzying array of ingredients. Other times, it's the simplicity of just a few things; dill, butter, lemon, potatoes and beautiful salmon.

**Pantry Staples:** Olive Oil, Butter



# 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** • **medium saucepan** with a **lid** • **medium frying pan**



## 1 ROAST THE POTATOES

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** (unpeeled) into 1cm chunks. Cut the **zucchini** into 2cm chunks.

**TIP:** *Cut the vegetables to the correct size so they cook in the allocated time.* Place the potato and zucchini on an oven tray lined with baking paper, **drizzle** with **olive oil** and season with the **salt** and a **pinch** of **pepper**. Toss to coat and roast until tender, **20-25 minutes**.



## 2 PREP THE VEG

While the veggies are roasting, bring a medium saucepan of water to the boil. Cut the **broccoli** into small florets and roughly chop the stalk. Finely chop the **dill**. Halve the **lemon** (see ingredients list).



## 3 COOK THE BROCCOLI

Add the **broccoli** to the saucepan of boiling water and cook until tender, **3-4 minutes**. Drain and return to the saucepan. Cover with a lid to keep warm.



## 4 COOK THE SALMON

Heat a **drizzle** of **olive oil** in a medium frying pan over a medium-high heat. Pat the **salmon** dry with paper towel and season both sides with a **pinch** of **salt** and **pepper**. 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). **TIP:** *Salmon can be served slightly rare in the centre.*



## 5 MAKE THE LEMON BUTTER SAUCE

Add the **butter** and a **drizzle** of **olive oil** to the frying pan with the salmon and reduce the heat to low. Cook until the butter has melted and browned slightly, **1-2 minutes**.

**TIP:** *Butter can burn fast, so keep an eye on it!* Add a **squeeze** of **lemon juice** and spoon the butter mixture over the salmon. Transfer the salmon to a plate. Add the **dill** and a **pinch** of **pepper** to the pan and stir to combine.

**TIP:** *Taste and add more salt, pepper or lemon juice if you like.*



## 6 SERVE UP

Divide the salmon, golden potatoes and zucchini and the broccoli between plates. Spoon the lemon sauce over the salmon.

# ENJOY!

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	2	4
zucchini	1	2
salt*	¼ tsp	½ tsp
broccoli	1 head	2 heads
dill	1 bunch	1 bunch
lemon	½	1
salmon	1 packet	1 packet
butter*	30 g	60 g

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2270kJ (542Cal)	358kJ (85Cal)
Protein (g)	40.1g	6.3g
Fat, total (g)	27.0g	4.2g
- saturated (g)	10.9g	1.7g
Carbohydrate (g)	29.5g	4.7g
- sugars (g)	3.9g	0.6g
Sodium (g)	396mg	62mg

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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