



Easy Salmon & Dill Butter Sauce

with Lemony Potatoes & Veggies

Grab your Meal Kit with this symbol



Potato



Garlic



Carrot



Zucchini



Dill



Lemon



Chicken-Style Stock Powder



Salmon

Hands-on: **15-25 mins**
Ready in: **30-35 mins**

Naturally Gluten-Free
Not suitable for coeliacs

Eat Me First

It's hard to beat the classic combo of salmon and fresh dill. Add buttery potatoes with some zing from fresh lemon, plus garlic-infused sautéed veggies for a delicious dinner that's surprisingly simple.

Pantry items

Olive Oil, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic	2 cloves	4 cloves
carrot	1	2
zucchini	2	4
dill	1 bag	1 bag
lemon	½	1
butter* (for the mash)	20g	40g
chicken-style stock powder	1 medium sachet	1 large sachet
water*	1 tbs	2 tbs
salmon	1 small packet	1 large packet
butter* (for the sauce)	40g	80g

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3275kJ (783Cal)	545kJ (130Cal)
Protein (g)	35.7g	5.9g
Fat, total (g)	54g	9g
- saturated (g)	21.8g	3.6g
Carbohydrate (g)	35.4g	5.9g
- sugars (g)	9.8g	5.9g
Sodium (mg)	669mg	111mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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Get prepped

- Bring a medium saucepan of lightly salted water to the boil.
- Cut **potato** into bite-sized chunks. Finely chop **garlic**. Thinly slice **carrot**. Cut **zucchini** into thin sticks.
- Roughly chop **dill**. Slice **lemon** into wedges.



Cook the veggies & salmon

- While potato is cooking, heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Cook **carrot** and **zucchini**, tossing, until tender, **5-6 minutes**. Add remaining **garlic** and cook until fragrant, **1 minute**. Season with **salt** and **pepper**, then divide between serving plates. Cover to keep warm.
- Season **salmon** on both sides. Return frying pan to a medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **salmon**, skin-side down first, until cooked through, **2-4 minutes** each side. Transfer to the serving plates.
- Return frying pan to a medium heat. Add **butter (for the sauce)** and cook until melted and browned slightly, **1-2 minutes**. Remove from heat.



Cook the potato

- Cook **potato** in the boiling water until easily pierced with a knife, **12-15 minutes**. Drain **potato**, then set aside.
- Return saucepan to a medium-high heat. Cook **butter (for the mash)** and 1/2 the **garlic** until fragrant, **1 minute**. Add **chicken-style stock powder**, the **water** and a generous squeeze of **lemon juice**, then bring to the boil.
- Remove pan from heat, then add **potato**, tossing to coat. Lightly crush **potato**. Cover to keep warm.



Serve up

- To the pan with the butter, add the dill. Stir to combine, then season to taste.
- Divide lemony potatoes between the plates with the salmon and veggies.
- Spoon the dill butter sauce over the salmon and potatoes. Serve with any remaining lemon wedges.

Enjoy!

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