



Salmon & Dill Butter Sauce

with Lemony Potatoes & Veggies

Grab your Meal Kit with this symbol



Potato



Garlic



Carrot



Leafy Greens



Dill



Lemon



Chicken-Style Stock Powder



Salmon

Prep in: **15-25 mins**
Ready in: **30-40 mins**



Naturally Gluten-Free
Not suitable for coeliacs

1 Eat Me First

It's hard to beat the classic combo of salmon and fresh dill. Add 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
leafy greens	1 medium bag	1 large bag
dill	1 bag	1 bag
lemon	½	1
chicken-style stock powder	1 medium sachet	1 large sachet
water*	1 tbs	2 tbs
salmon	1 small packet	1 large packet
butter*	40g	80g

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2809kJ (671Cal)	497kJ (118Cal)
Protein (g)	36g	6.4g
Fat, total (g)	43.5g	7.7g
- saturated (g)	15.7g	2.8g
Carbohydrate (g)	32.7g	5.8g
- sugars (g)	10.9g	1.9g
Sodium (mg)	703mg	124mg

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** into rounds. Roughly chop **leafy greens**.
- 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 medium-high heat. Cook **carrot**, tossing, until tender, **4-5 minutes**. Add **greens** and remaining **garlic** and cook until just wilted and fragrant, **1-2 minutes**. Season with **salt** and **pepper**. Transfer to a bowl. Cover to keep warm.
- Pat **salmon** dry (to help the skin crisp up in pan!), then season on both sides. Return frying pan to 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 a plate. Cover to keep warm.
- Return frying pan to medium heat. Cook the **butter** until melted and browned slightly, **1-2 minutes**. Remove from heat, then add **dill**, stirring to combine. Season to taste.



Cook the potato

- Cook **potato** in the boiling water until easily pierced with a fork, **12-15 minutes**. Drain, then transfer to a plate.
- Return saucepan to medium-high heat. Add a drizzle of **olive oil** and 1/2 the **garlic**. Cook 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 return **potato** to pan, tossing to coat. Lightly crush **potato**. Cover to keep warm.



Serve up

- Divide salmon, lemony potatoes and veggies between plates.
- Spoon dill butter sauce over salmon and potatoes to serve.

Enjoy!

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