



# SEARED SALMON & SAGE BUTTER

with Mashed Potato & Garlicky Greens



Make a sage brown butter sauce



Potato



Green Beans



Garlic



Lemon



Sage



Baby Spinach Leaves



Salmon

Hands-on: 20 mins  
Ready in: 30 mins

Low calorie

Eat me first

Naturally gluten-free  
*Not suitable for Coeliacs*

Classic ingredients don't need much to elevate them to a sensational meal. Take this delicious salmon – it just gets simply seared then topped with a sage-infused browned butter for a meal that's low on effort and high on taste.

**Pantry Staples:** Olive Oil, Milk, Butter



## BEFORE YOU START

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

- **medium saucepan** with a **lid**
- **medium frying pan**



### 1 GET PREPPED

Bring a medium saucepan of lightly salted water to the boil. Peel the **potato** and cut into 2cm chunks. Trim the **green beans**. Finely chop the **garlic** (or use a garlic press). Cut the **lemon** (see ingredients list) in half. Pick the **sage** leaves.



### 2 MAKE THE MASH

Add the **potato** to the saucepan of boiling water and cook until easily pierced with a knife, **10-15 minutes**. Drain and return to the saucepan. Add the **milk**, the **salt**, **1/2** the **butter** and a **pinch** of **pepper** and mash with a potato masher or fork until smooth. Cover with a lid to keep warm.



### 3 COOK THE GREENS

While the potato is cooking, heat a **drizzle** of **olive oil** in a medium frying pan over a medium-high heat. Add the **green beans** and cook, tossing, until just tender, **4-5 minutes**. Add **1/2** the **garlic** and cook until fragrant, **1 minute**. Add the **baby spinach leaves** and cook until just wilted, **1 minute**. Season with a **pinch** of **salt** and **pepper**. Transfer to a plate and cover to keep warm.



### 4 COOK THE SALMON

Pat the salmon dry with paper towel and season both sides with salt and pepper. Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. 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). Transfer to a plate. **TIP:** *Salmon can be served slightly blushing in the middle.*



### 5 MAKE THE SAGE BUTTER

Return the frying pan to a medium heat and add the **remaining butter**, the **sage** leaves and **remaining garlic**. Cook until the **butter** has melted and browned slightly, **1-2 minutes**. Remove the pan from the heat and add a **squeeze** of **lemon** juice and a **pinch** of **pepper**. Taste and add more **lemon juice** if you like. Slice any remaining **lemon** into wedges.



### 6 SERVE UP

Divide the mashed potato, salmon and garlicky greens between plates. Spoon over the sage brown butter and serve with any remaining lemon wedges. **TIP:** *For the low-calorie option, serve with 1/2 the sage brown butter.*

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	2	4
green beans	1 bag (200 g)	1 bag (400 g)
garlic	2 cloves	4 cloves
lemon	1/2	1
sage	1 bunch	1 bunch
milk*	2 tbs	1/2 cup
salt*	1/4 tsp	1/2 tsp
butter*	50 g	100 g
baby spinach leaves	1 bag (30 g)	1 bag (60 g)
salmon	1 packet	1 packet

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2230kJ (533Cal)	425kJ (101Cal)
Protein (g)	36.2g	6.9g
Fat, total (g)	26.9g	5.1g
- saturated (g)	12.8g	2.4g
Carbohydrate (g)	33.5g	6.4g
- sugars (g)	4.2g	0.8g
Sodium (g)	452mg	86mg

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

[Hello@HelloFresh.com.au](mailto:Hello@HelloFresh.com.au)

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