



Seared Salmon & Sage Butter

with Mashed Potato & Garlicky Greens

Grab your Meal Kit with this symbol



Potato



Carrot



Green Beans



Garlic



Lemon



Sage



Salmon

Hands-on: **20-30 mins**
 Ready in: **30-40 mins**

Naturally gluten-free
Not suitable for Coeliacs

Eat me first

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 items

Olive Oil, Milk, 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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
carrot	1	2
green beans	1 bag (200g)	1 bag (400g)
garlic	2 cloves	4 cloves
lemon	½	1
sage	1 bunch	1 bunch
milk*	2 tbs	¼ cup
salt*	¼ tsp	½ tsp
butter*	50g	100g
salmon	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3166kJ (756Cal)	525kJ (125Cal)
Protein (g)	36.9g	6.1g
Fat, total (g)	49.6g	8.2g
- saturated (g)	19.7g	3.3g
Carbohydrate (g)	36.5g	6g
- sugars (g)	10.8g	1.8g
Sodium (mg)	435mg	72mg

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.



Get prepped

Bring a medium saucepan of lightly salted water to the boil. Peel the **potato** and cut into bite-sized chunks. Cut the **carrot** into thin sticks. Trim the **green beans**. Finely chop the **garlic**. Cut the **lemon** into wedges. Pick the **sage** leaves.



Make the mash

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



Cook the veggies

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



Cook the salmon

Pat the salmon dry with paper towel and season both sides. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. When the oil is hot, cook the **salmon**, skin-side down first, until just cooked through, **2-4 minutes** each side (depending on thickness). Transfer to a plate.

TIP: *Salmon can be served blushing pink in the centre.*



Make the brown butter sauce

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**. Season the sauce to taste.



Serve up

Divide the mashed potato, salmon and garlicky veggies between plates. Spoon over the sage brown butter and serve with any remaining lemon wedges.

Enjoy!