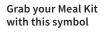


# Garlic & Herb Seared Salmon

with Leek Dauphinoise Potatoes & Garlic Greens

PUB BISTRO













Chicken-Style Stock Powder







Baby Broccoli

Green Beans





Lemon





Garlic & Herb Seasoning



Salmon

Mayonnaise





It's fish tonight and on the menu we have salmon, seasoned and seared to tender perfection. Believe it or not, the star of the show hasn't even been introduced yet - layers of potato and leek are cooked in a creamy, cheesy sauce for the ultimate accompaniment which is really the main event!

**Pantry items** 

Olive Oil, Milk

# Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

#### You will need

Medium or large baking dish  $\cdot$  Large frying pan

# Ingredients

| _                             |                 |                 |
|-------------------------------|-----------------|-----------------|
|                               | 2 People        | 4 People        |
| olive oil*                    | refer to method | refer to method |
| potato                        | 2               | 4               |
| garlic                        | 3 cloves        | 6 cloves        |
| leek                          | 1               | 2               |
| cream                         | ½ packet        | 1 packet        |
| milk*                         | 2 tbs           | 4 tbs           |
| chicken-style<br>stock powder | 1 medium sachet | 1 large sachet  |
| grated Parmesan<br>cheese     | 1 medium packet | 1 large packet  |
| green beans                   | 1 medium packet | 1 large packet  |
| baby broccoli                 | ½ medium bunch  | 1 medium bunch  |
| lemon                         | 1/2             | 1               |
| salmon                        | 1 packet        | 2 packets       |
| garlic & herb<br>seasoning    | 1 medium sachet | 1 large sachet  |
| mayonnaise                    | 1 medium packet | 1 large packet  |

<sup>\*</sup>Pantry Items

#### **Nutrition**

| Per Serving     | Per 100g   |
|-----------------|--|
| 3912kJ (935Cal) | 524kJ (125Cal)   |
| 46.2g           | 6.2g   |
| 59.7g           | 8g   |
| 23g             | 3.1g   |
| 49.8g           | 6.7g   |
| 28.2g           | 3.8g   |
| 1240mg          | 166mg  |
| 10.2g           | 1.4g   |
|                 | 3912kJ (935Cal)<br>46.2g<br>59.7g<br>23g<br>49.8g<br>28.2g<br>1240mg |

The quantities provided above are averages only.

### Allergens

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

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

# Fancy a beer?

We recommend pairing this meal with Pale Ale or Lager.



# Prep the dauphinoise potatoes

- Preheat oven to 220°C/200°C fan-forced. Cut potato into 0.5cm-thick rounds.
- Finely chop garlic. Thinly slice leek.



# Bake the dauphinoise potatoes

- In a baking dish, place potato slices, leek, cream (see ingredients), the milk, chickenstyle stock powder and half the garlic. Season, then toss to coat and flatten the potatoes.
- Top with grated Parmesan cheese. Cover the dish with foil, then bake until the potatoes have softened, 40 minutes.
- After 40 minutes of cook time, remove the foil and return the baking dish to the oven. Bake until the top is golden and the centre can be easily pierced with a fork, a further 10 minutes.



# Get prepped

- While the potatoes are baking, trim green beans. Halve baby broccoli (see ingredients) lengthways. Zest lemon to get a pinch and slice into wedges.
- In a medium bowl, combine salmon, garlic & herb seasoning, lemon zest, a squeeze of lemon juice and a drizzle of olive oil. Season.



# Cook the veggies

- When the potatoes have 15 minutes remaining, heat a large frying pan over medium-high heat with a drizzle of olive oil. Cook baby broccoli and green beans until tender, 4-5 minutes.
- Add the remaining garlic and a squeeze of lemon juice and cook until fragrant, 1 minute.
   Season and transfer to a bowl and cover to keep warm.



### Cook the salmon

Return frying pan to medium heat with a drizzle
of olive oil. When oil is hot, add salmon, skin
side down, and cook until just cooked through,
2-4 minutes each side.

**TIP:** The spice blend will char slightly in the pan, this adds to the flavour!



# Serve up

- Divide garlic and herb salmon, leek dauphinoise potatoes and garlic greens between plates.
- Serve with mayonnaise and any remaining lemon wedges. Enjoy!



