



Garlic & Herb Seared Salmon

with Leek Dauphinoise Potatoes & Garlic Greens

PUB BISTRO

Grab your Meal Kit with this symbol



Potato



Garlic



Leek



Cream



Chicken-Style Stock Powder



Grated Parmesan Cheese



Green Beans



Baby Broccoli



Lemon



Salmon



Garlic & Herb Seasoning



Mayonnaise

Prep in: 35-45 mins
Ready in: 60-70 mins

Eat Me Early

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 · 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 stock powder	1 medium sachet	1 large sachet
grated Parmesan cheese	1 medium packet	1 large packet
green beans	1 medium packet	1 large packet
baby broccoli	½ medium bunch	1 medium bunch
lemon	½	1
salmon	1 packet	2 packets
garlic & herb seasoning	1 medium sachet	1 large sachet
mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3912kJ (935Cal)	524kJ (125Cal)
Protein (g)	46.2g	6.2g
Fat, total (g)	59.7g	8g
- saturated (g)	23g	3.1g
Carbohydrate (g)	49.8g	6.7g
- sugars (g)	28.2g	3.8g
Sodium (mg)	1240mg	166mg
Dietary Fibre (g)	10.2g	1.4g

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**, **chicken-style 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!

We're here to help!

Scan here if you have any questions or concerns



2024 | CW21

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate