

Salmon, Feta & Courgette Filo Galette

with Orange Salad & Almonds

FESTIVE MAIN

Grab your meal kit with this number

37



Potato



Garlic



Courgette



Slivered Almonds



Salmon



Shredded Cheddar Cheese



Dijon Mustard



Filo Pastry



Cow's Milk Feta



Orange



Lemon



Mixed Salad Leaves



Parsley

Prep in: 20-30 mins
Ready in: 40-50 mins

Eat Me Early

A summery festive season is very special, and deserves to be celebrated in style! Introducing our salmon, feta and courgette galette - wrapped in crispy, golden layers of filo pastry and filled with deliciously creamy feta and tender salmon, it's like a gift for your taste buds.

Pantry items

Olive Oil, Milk, Egg, Butter

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 saucepan · Large frying pan · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
garlic	2 cloves	4 cloves
courgette	1	2
slivered almonds	1 packet	2 packets
salmon	1 packet	2 packets
shredded Cheddar cheese	1 medium packet	1 large packet
dijon mustard	1 medium packet	2 medium packets
milk*	2 tbs	¼ cup
egg*	1	2
butter*	30g	60g
filo pastry	1 medium packet	1 large packet
cow's milk feta	½ packet	1 packet
orange	1	2
lemon	½	1
mixed salad leaves	1 small packet	1 medium packet
parsley	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4525kJ (599cal)	599kJ (79cal)
Protein (g)	59.2g	7.8g
Fat, total (g)	62.7g	8.3g
- saturated (g)	22.2g	2.9g
Carbohydrate (g)	66.2g	8.8g
- sugars (g)	17.7g	2.3g
Sodium (mg)	1659mg	219.4mg
Dietary Fibre (g)	9.8g	1.3g

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](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

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Mash the potato

- Preheat oven to **240°C/220°C fan-forced**. Boil the kettle.
- Half-fill a medium saucepan with boiling water, then add a generous pinch of **salt**.
- Peel **potato** and cut into large chunks.
- Peel **garlic cloves**.
- Cook **potato** and **garlic** in the boiling water over high heat until easily pierced with a fork, **12-15 minutes**. Drain, return to the pan and mash until smooth.



Assemble the galette

- Add **shredded Cheddar cheese**, **dijon mustard**, the **milk** and **egg** to the potato, then mash until smooth. Season with **pepper**.
- In a small microwave-safe bowl, place the **butter** and microwave in **10 second** bursts until melted.
- Evenly stack 5 sheets of **filo pastry** (two separate stacks for 4 people), brushing with the **butter** between each layer, then place on a lined oven tray.



Get prepped

- Meanwhile, using a vegetable peeler, slice **courgette** into ribbons, stopping when you reach the seeds in the centre.
- Heat a large frying pan over medium-high heat. Toast **slivered almonds**, tossing, until toasted, **3-5 minutes**. Transfer to a small bowl and set aside.
- Return frying pan to high heat with a drizzle of **olive oil**. Cook **courgette**, tossing, until tender, **2-3 minutes**. Transfer to a plate and season with **salt** and **pepper**. Set aside.



Bake the galette

- Spread **potato mixture** evenly into centre of the pastry, leaving a 4cm border around the edge.
- Top with **salmon** (skin-side down) and arrange **courgette** on top of **potato mixture**. Crumble **cow's milk feta** (see ingredients) over the top. Season to taste.
- Carefully fold **pastry edges** over filling, leaving the centre exposed. Drizzle with **olive oil**.
- Bake **galette** until golden, **15-20 minutes**.
- Meanwhile, peel and thinly slice **orange** into wedges. Slice **lemon** into wedges.



Start the salmon

- Pat **salmon** dry with paper towel and season both sides.
- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **salmon**, skin-side down, until just browned, **1-2 minutes**. Set aside.

TIP: *Patting the skin dry helps it crisp up in the pan!*



Serve up

- In a medium bowl, combine orange, **mixed salad leaves**, a squeeze of lemon juice and a drizzle of olive oil. Season to taste.
- Halve salmon, feta and courgette filo galette.
- Divide galette and orange salad between plates.
- Tear **parsley** over galette.
- Garnish salad with almonds.
- Serve with any remaining lemon wedges. Enjoy!

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