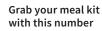


# Salmon, Feta & Courgette Filo Galette

with Orange Salad & Almonds

FESTIVE MAIN





Pantry items Olive Oil, Milk, Egg, Butter

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



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.

# 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	1/2	1	
mixed salad leaves	1 small packet	1 medium packet	
parsley	1 packet 1 packet		
* Pantry Items			

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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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



### 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.



# 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.



# 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!



### 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.



# 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.



# 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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