



# Seared Salmon & Almond-Caper Sauce

with Feta & Dill Potatoes

Grab your Meal Kit with this symbol



Potato



Beetroot



Broccolini



Dill



Parsley



Garlic



Eschalot



Capers



Roasted Almonds



Salmon



Feta

Hands-on: **35-45 mins**  
Ready in: **35-45 mins**

Eat me first

You're going to love this one – the texture of the almond-caper sauce against the succulent salmon is mind-blowingly good. With aromatic dill sprinkled over roasted veggies, plus steamed broccolini, we reckon it's destined for greatness!

### Pantry items

Olive Oil, 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

Oven tray lined with baking paper  
Medium frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
beetroot	1	2
broccolini	1 bunch	2 bunches
dill	1 bunch	1 bunch
parsley	1 bunch	1 bunch
garlic	2 cloves	4 cloves
eschalot	1	2
capers	1 packet	2 packets
roasted almonds	1 packet	2 packets
salmon	1 packet	1 packet
butter*	40g	80g
feta	1 packet (25g)	1 packet (50g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3290kJ (787Cal)	687kJ (164Cal)
Protein (g)	46.4g	9.7g
Fat, total (g)	51.3g	10.7g
- saturated (g)	17.6g	3.7g
Carbohydrate (g)	34.8g	7.3g
- sugars (g)	10.2g	2.1g
Sodium (g)	515mg	107mg

### 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.

### Fancy a Drop?

We recommend pairing this meal with Sauvignon Blanc or Riesling



## 1. Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 2cm chunks. Cut the **beetroot** into 1cm chunks. Place the **potato** and **beetroot** on an oven tray lined with baking paper. **Drizzle** with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**.

**TIP:** Cut the veggies to the correct size so they cook in the allocated time!



## 2. Get prepped

While the veggies are roasting, slice the **broccolini** in half lengthways. Pick the **dill** leaves. Finely chop the **parsley**. Finely chop the **garlic** (or use a garlic press). Finely chop the **eschalot**. Drain the **capers**. Roughly chop the **roasted almonds**.



## 3. Cook the broccolini

Heat a medium frying pan over a medium high heat. Add the **broccolini** and a **dash of water** and cook, tossing, until tender, **4-5 minutes**. Season with **salt** and **pepper** and transfer to a plate. Cover to keep warm.

**TIP:** Add a dash of water to help speed up the cooking process.



## 4. Cook the salmon

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

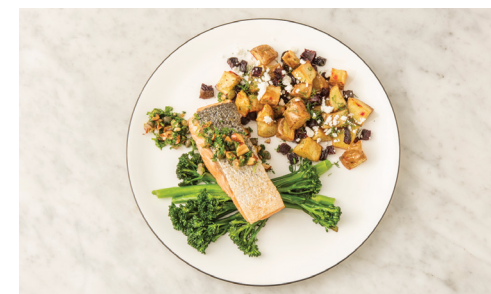
**TIP:** Patting the skin dry helps it crisp up in the pan!



## 5. Make the caper sauce

Return the frying pan to a medium heat (no need to wash the pan!). Add the **garlic**, **eschalot** and **butter** and cook, stirring, until softened **2-3 minutes**. Transfer to a medium bowl and add the **parsley**, **capers** and **almonds**. Add **olive oil (2 tsp for 2 people / 4 tsp for 4 people)** and stir to combine. Season to taste with **salt** and **pepper**.

**TIP:** Add as little or as many capers as you like depending on your taste!



## 6. Serve up

Divide the roasted veggies, broccolini and seared salmon between plates. Crumble the **feta** and sprinkle the dill over the roasted veggies. Spoon the almond-caper sauce over the salmon.

## Enjoy!