



# Seared Salmon & Leek-Caper Sauce

with Chive Mash

Grab your Meal Kit with this symbol



Potato



Chives



Dill



Lemon



Garlic



Leek



Broccolini



Panko Breadcrumbs



Capers



Vegetable Stock



Baby Spinach Leaves



Salmon

Hands-on: **30-40 mins**  
 Ready in: **35-45 mins**

Eat me first

Don't let this dish be the one that got away! With a fragrant leek and caper sauce over succulent salmon, plus chive mash, pan-fried veggies and a dill and lemon crumb to finish, it's a great catch.

*Unfortunately, this week's green beans were in short supply, so we've replaced them with baby spinach leaves. Don't worry, the recipe will be just as delicious!*

### Pantry items

Olive Oil, Butter, Milk

## 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

Medium saucepan with a lid · Medium frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
chives	1 bunch	1 bunch
butter* (for the mash)	40g	80g
milk*	2 tbs	½ cup
salt*	¼ tsp	½ tsp
dill	1 bunch	1 bunch
lemon	½	1
garlic	2 cloves	4 cloves
leek	1	2
broccolini	1 bunch	2 bunches
panko breadcrumbs	¼ packet	½ packet
capers	1 packet	2 packets
water*	¼ cup	½ cup
vegetable stock	½ sachet	1 sachet
butter* (for the sauce)	40g	80g
baby spinach leaves	1 bag (60g)	1 bag (120g)
salmon	1 packet	1 packet

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3760kJ (899Cal)	604kJ (144Cal)
Protein (g)	43.7g	7.0g
Fat, total (g)	57.4g	9.2g
- saturated (g)	25.9g	4.2g
Carbohydrate (g)	51.3g	8.2g
- sugars (g)	9.3g	1.5g
Sodium (g)	1110mg	178mg

### Allergens

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

### Fancy a Drop?

We recommend pairing this meal with Sauvignon Blanc or Riesling.



## 1. Make the chive mash

Bring a medium saucepan of lightly salted water to the boil. Peel the **potato** and cut into 2cm chunks. Add the **potato** to the saucepan of boiling water and cook until easily pierced with a knife, **10-15 minutes**. Drain and return to the saucepan. Finely chop the **chives**. Add the **chives**, **butter (for the mash)**, **milk** and the **salt** to the saucepan with the **potato**. Mash with a potato masher or fork until smooth. Cover with a lid to keep warm.



## 4. Cook the greens

Wipe out the frying pan and return to a medium-high heat with a **drizzle of olive oil**. Add the **broccolini** and a **dash of water** and cook, tossing, until tender, **4-5 minutes**. Add the **baby spinach leaves** and cook, stirring, until wilted, **1 minute**. Add a **squeeze of lemon juice**, season with **salt** and **pepper** and toss to coat. Transfer to a plate and cover to keep warm.



## 2. Get prepped

While the potato is cooking, roughly chop the **dill**. Zest the **lemon (see ingredients list)** to get a **good pinch**, then slice into wedges. Finely chop the **garlic** (or use a garlic press). Thinly slice the **leek**. Slice the **broccolini** in half lengthways. In a medium frying pan, heat a **good drizzle of olive oil** over a medium-high heat. Add the **panko breadcrumbs (see ingredients list)** and cook, stirring, until golden brown, **3 minutes**. Transfer to a medium bowl, season with a **pinch of salt** and **pepper** and stir through the **dill** and **lemon zest**. Set aside.



## 5. Cook the salmon

Season both sides of the **salmon** with a **good pinch of salt** and **pepper**. Return the frying pan to a medium-high heat with a **drizzle of olive oil**. When the oil is hot, add the **salmon**, skin-side down, and cook for **4 minutes**. Turn the **salmon** and spoon the **leek-caper sauce** around the salmon. Cook until the salmon is just cooked through, **3-4 minutes** (depending on thickness).

**TIP:** Spooning the sauce around the salmon helps keep the skin crisp!



## 3. Make the leek-caper sauce

Return the frying pan to a medium heat with a **drizzle of olive oil**. Add the **leek** and cook until tender, **4-5 minutes**. Add the **garlic** and **capers** and cook, stirring, until fragrant, **1 minute**. Add the **water** and **vegetable stock (1/2 sachet for 2 people / 1 sachet for 4 people)** and stir to combine. Add the **butter (for the sauce)** and stir through until melted and well combined, **1-2 minutes**. Season to taste with **pepper**, then transfer to a bowl and set aside.



## 6. Serve up

Divide the chive mash between plates. Top with the greens and salmon. Spoon over the leek-caper sauce and sprinkle with the dill and lemon crumb. Serve with any remaining lemon wedges.

## Enjoy!