



# Salmon & Garlicky Silverbeet-Green Beans

with Mash & Caper Butter Sauce

Grab your Meal Kit with this symbol



Potato



Green Beans



Silverbeet



Parsley



Capers



Garlic



Lemon



Salmon



Aussie Spice Blend



Salmon

Prep in: 25-35 mins  
Ready in: 30-40 mins

Eat Me First

Your Sunday salmon just got that much better with this spectacular lemony caper sauce. We couldn't dish this up without preparing some equally tasty veggies and popping it all onto a bed of creamy mash!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Butter

## Before you start

Wash your hands and any fresh food.

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 with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
green beans	1 small bag	1 medium bag
silverbeet	1 medium bag	1 large bag
parsley	1 bag	1 bag
capers	1 packet	2 packets
garlic	1 clove	2 cloves
lemon	½	1
salmon	1 small packet	1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
<b>butter*</b>	50g	100g
salmon**	1 small packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2779kJ (664Cal)	540kJ (129Cal)
Protein (g)	36.1g	7g
Fat, total (g)	44.4g	8.6g
- saturated (g)	17.9g	3.5g
Carbohydrate (g)	28.7g	5.6g
- sugars (g)	6.8g	1.3g
Sodium (mg)	1058mg	205mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3962kJ (946Cal)	605kJ (144Cal)
Protein (g)	66g	10.1g
Fat, total (g)	61.9g	9.5g
- saturated (g)	22g	3.4g
Carbohydrate (g)	30.2g	4.6g
- sugars (g)	6.8g	1g
Sodium (mg)	1099mg	168mg

The quantities provided above are averages only.

## Allergens

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

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Make the mash

- Boil the kettle. Pour boiled water into a medium saucepan over high heat with a pinch of **salt**.
- Peel **potato** and cut into large chunks. Cook **potato** in boiling water until easily pierced with a fork, **12-15 minutes**.
- Drain and return to the pan. Add a drizzle of **olive oil** and a good pinch of **salt**, and mash until smooth. Cover to keep warm.

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## Cook the salmon

- Return pan to medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **salmon**, skin-side down first, until just cooked through, **2-4 minutes** each side. Transfer to a plate.

**TIP:** The spice blend will char slightly in the pan, this adds to the flavour!

**Custom Recipe:** Cook salmon in batches for the best results.

2



## Get prepped

- Meanwhile, trim **green beans**. Roughly chop **silverbeet**, **parsley** and **capers**. Finely chop **garlic**. Zest **lemon** to get a pinch and slice into wedges.
- Pat **salmon** dry with paper towel. In a medium bowl, combine **Aussie spice blend** and a drizzle of **olive oil**. Add **salmon**, gently turn to coat.

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

**Custom Recipe:** If you've doubled your salmon, combine salmon with spice blend as above.

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## Make the sauce

- Wipe out pan and return to medium-low heat. Add the **butter** and cook for **2-3 minutes** or until beginning to brown.
- Add **capers** and **parsley** and cook until fragrant, **1 minute**.
- Remove pan from the heat, then add a generous squeeze of **lemon juice**.

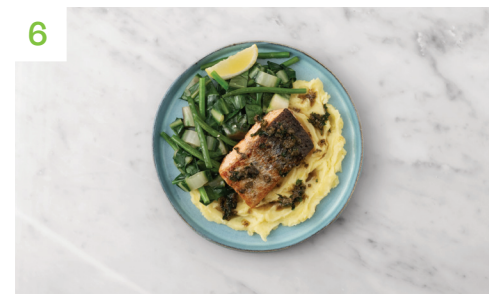
3



## Cook the silverbeet

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **green beans**, tossing, until softened, **4-5 minutes**.
- Add **silverbeet**, **garlic** and **lemon zest**, and cook, tossing, until tender and wilted, **1-2 minutes**. Season to taste. Transfer to a bowl and cover to keep warm.

6



## Serve up

- Divide mashed potato between plates. Top with seared salmon and pour over caper butter sauce.
- Serve with garlicky veggies and any remaining lemon wedges. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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