

Salt & Pepper Salmon

with Herb-Sour Cream Potatoes & Lemony Greens

Grab your Meal Kit with this symbol



Potato



Green Beans



Lemon



Herbs



Garlic



Black Peppercorns



Salmon



Light Sour Cream



Mixed Leaves



Tartare Sauce

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: **25-35 mins**
Ready in: **35-45 mins**



Naturally Gluten-Free
Not suitable for coeliacs



Eat Me First

If you can't go past salt and pepper squid, this dish is for you. The crushed black peppercorns add a slightly warm and herbaceous depth of flavour to the rich salmon. While it sears in the pan, finish prepping the sides and you have a top-notch seafood dish reminiscent of a restaurant meal.

Pantry items

Olive Oil, Plain Flour, 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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
green beans	1 medium bag	2 medium bags
lemon	½	1
herbs	1 bag	1 bag
garlic	2 cloves	4 cloves
black peppercorns	1 large sachet	2 large sachets
salt*	¼ tsp	½ tsp
plain flour*	1 tbs	2 tbs
salmon	1 small packet	1 large packet
butter*	20g	40g
light sour cream	1 medium packet	1 large packet
mixed leaves	1 small bag	1 medium bag
tartare sauce	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3432kJ (820Cal)	603kJ (144Cal)
Protein (g)	39g	6.9g
Fat, total (g)	57.5g	10.1g
- saturated (g)	15.5g	2.7g
Carbohydrate (g)	35.8g	6.3g
- sugars (g)	8.6g	1.5g
Sodium (mg)	499mg	88mg

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



Cook the potato

Bring a medium saucepan of salted water to the boil. Cut **potato** into bite-sized chunks. Cook **potato** in the boiling water until easily pierced with a fork, **12-15 minutes**. Drain, transfer to a bowl and cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled!



Get prepped

While potato is cooking, trim the **green beans**. Cut **lemon** into wedges. Roughly chop **herbs**. Finely chop **garlic**. Crush **black peppercorns** in a pestle and mortar or in their sachet using a rolling pin, then spread over a plate. Add the **salt** and **plain flour**, stirring to combine. Set aside.



Cook the green beans

In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **green beans**, tossing occasionally, until tender, **4-6 minutes**. Season, then transfer to a large bowl to cool.



Cook the salmon

While green beans are cooking, pat **salmon** dry with paper towel, then drizzle with **olive oil**. Press **salmon** into **peppercorn mixture**, turning to coat. Return frying 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 (depending on thickness). Transfer to a plate to rest.

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



Finish the potatoes & greens

While salmon is cooking, return saucepan to medium heat with the **butter** and a drizzle of **olive oil**. Cook **garlic** until fragrant, **1 minute**. Remove pan from heat. Return **potato** to pan, then add **light sour cream** and most of the **herbs** (reserve some for garnish!). Season, then stir to combine. To the bowl with the cooled **green beans**, add **mixed leaves** and a squeeze of **lemon juice**. Toss to combine.



Serve up

Divide salt and pepper salmon, herb-sour cream potatoes and lemony greens between plates. Garnish with reserved herbs. Serve with **tartare sauce** and any remaining lemon wedges.

Enjoy!

Rate your recipe

Scan here to rate this recipe!

