



Seared Salmon & Creamy Dill Sauce

with Peppercorn Mash & Garlic Veggies

Grab your Meal Kit with this symbol



Potato



Black Peppercorns



Green Beans



Carrot



Garlic



Dill



Salmon



Light Thickened Cream



Vegetable Stock

Hands-on: **20-30 mins**
 Ready in: **25-35 mins**
 Naturally gluten-free
 Not suitable for Coeliacs

Eat me first

It's hard to beat a classic combination of salmon, dill and mash. But we've added some extra-special touches to turn your ordinary dinner into something extraordinary!

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
black peppercorns	½ sachet	1 sachet
butter*	40g	80g
milk*	2 tbs	4 tbs
salt*	¼ tsp	½ tsp
green beans	1 bag (100g)	1 bag (200g)
carrot	1	2
garlic	3 cloves	6 cloves
dill	1 bunch	1 bunch
salmon	1 packet	1 packet
light thickened cream	1 packet (150ml)	2 packets (300ml)
vegetable stock	½ cube	1 cube

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3652kJ (872Cal)	601kJ (143Cal)
Protein (g)	38.5g	6.3g
Fat, total (g)	62g	10.2g
- saturated (g)	27.5g	4.5g
Carbohydrate (g)	38.9g	6.4g
- sugars (g)	12.6g	2.1g
Sodium (mg)	668mg	110mg

Allergens

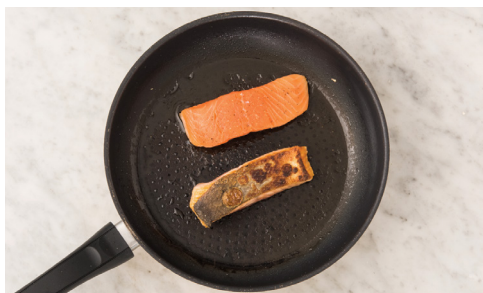
Always read product labels for the most up-to-date allergen information.

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



1. Mash the potato

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**. Lightly crush the **black peppercorns** (see ingredients list) in a pestle and mortar or in their sachet using a rolling pin. Drain the **potato** and return to the saucepan. Add the **butter**, **milk** and the **salt**, then mash with a potato masher or fork until smooth. Stir through the crushed **peppercorns**. Cover to keep warm.



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, cook the **salmon**, skin-side down first, until just cooked through, **2-4 minutes** each side (depending on thickness). Transfer to a plate.

TIP: Salmon can be served slightly blushing pink in the centre.



2. Get prepped

While the potato is boiling, trim the **green beans**. Thinly slice the **carrot** (unpeeled) into half-moons. Finely chop the **garlic** (or use a garlic press). Finely chop the **dill**.



5. Make the creamy dill sauce

Wash out the frying pan and return to a low heat with a **drizzle of olive oil**. Add the **remaining garlic** and cook, stirring, until fragrant, **1 minute**. Add the **light thickened cream**, crumbled **vegetable stock** (**1/2 cube for 2 people / 1 cube for 4 people**) and **dill** and cook until warmed and infused with dill flavour, **3 minutes**. Season to taste.



3. Cook the veggies

Heat a large frying pan over a medium-high heat with a **drizzle of olive oil**. Add the **green beans** and **carrot** and cook, tossing, until just tender, **3-4 minutes**. Add **1/2 the garlic** and cook, tossing, until the **garlic** is fragrant and the **green beans** are tender, **1 minute**. Season to taste and transfer to a bowl. Cover to keep warm.

TIP: Add dashes of water as you go to help the green beans cook evenly.



6. Serve up

Divide the peppercorn mash, garlic veggies and seared salmon between plates. Drizzle over the creamy dill sauce.

Enjoy!