

Crispy Salmon

with Minted Pea Puree and Asparagus

hellóchef

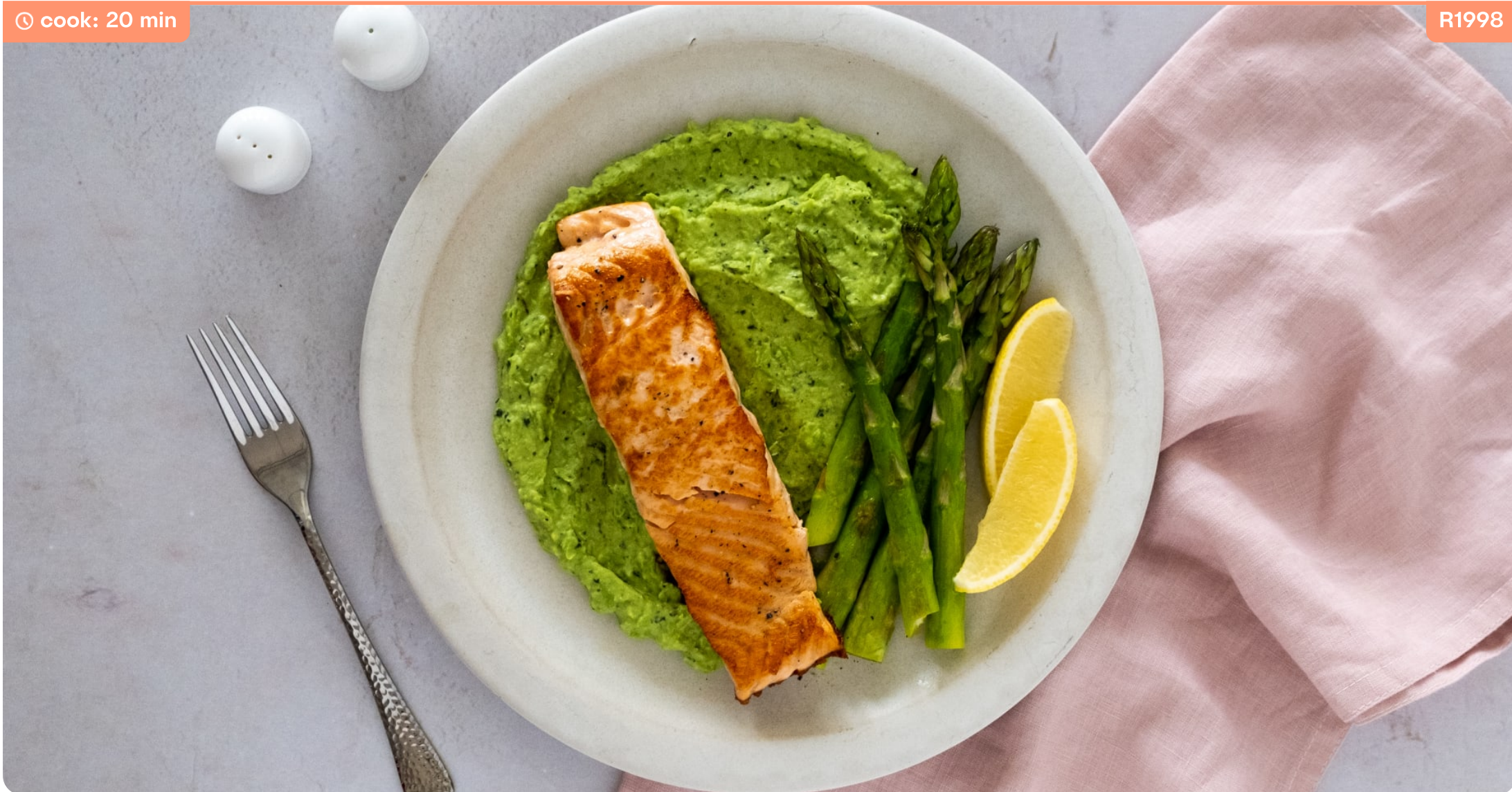
Delicious salmon served over sweet pea puree.

Cals 485 • Prot 39 • Carbs 18 • Fat 31

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🕒 cook: 20 min

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Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Salmon and asparagus	2 ppl	3 ppl	4 ppl	
Skin-on salmon fillet 6*	350	525	700	Grams
Thick asparagus	250	375	500	Grams
Olive oil	1	2	2	Tbsp
Salt	1	1	2	Tsp
Black pepper	0.5	0.5	1	Tsp
Puree				
Green peas	250	375	500	Grams
Fresh mint	10	10	10	Grams
Sour cream 4*	60	90	120	Grams
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	0.5	Tsp
To serve				
Lemon	1	1	2	Piece

Allergens

*6 Fish, *4 Milk

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information Per Serving*

Energy (kJ/kcal)	2026 / 485
Fat (g)	31.1
of which saturates (g)	8.5
Carbohydrate (g)	18
of which sugars (g)	6.3
Fiber (g)	7.4
Protein (g)	38.6
Salt (g)	1

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Cook peas

Boil the **peas** in lightly salted water for 1-2 min.



2 Make mash

Drain the **peas** and add them to a blender with the **mint** leaves (reserve a few leaves for garnish) and **sour cream**. Blend until smooth. Season with **salt** and **black pepper**. Set aside.



3 Cook asparagus

Snap the woody ends off the **asparagus** and discard. Heat a griddle or frying pan over a high heat with a drizzle of **olive oil**. Add the **asparagus** and fry for 3-4 min until golden brown.
Tip! Hold the asparagus at both ends and gently bend - it should snap exactly where the woody ends begin!



4 Fry salmon

Meanwhile, portion the **salmon**. Season the **salmon** generously with **salt** and **pepper**. Heat a pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **salmon fillets** skin side down. Cook for 4-5 min until crispy. Flip and cook for 2 min further until cooked and starting to flake, but still juicy in the middle.
Tip! Use a wide spatula to flip the fish so you don't break it.



5 Serve

Slice the **lemon** into wedges. Serve the **salmon** with the **pea puree** and **asparagus**. Garnish with the remaining **mint** leaves and the **lemon** wedges.