

Crispy Salmon

with Minted Pea Puree and Asparagus

hellóchef

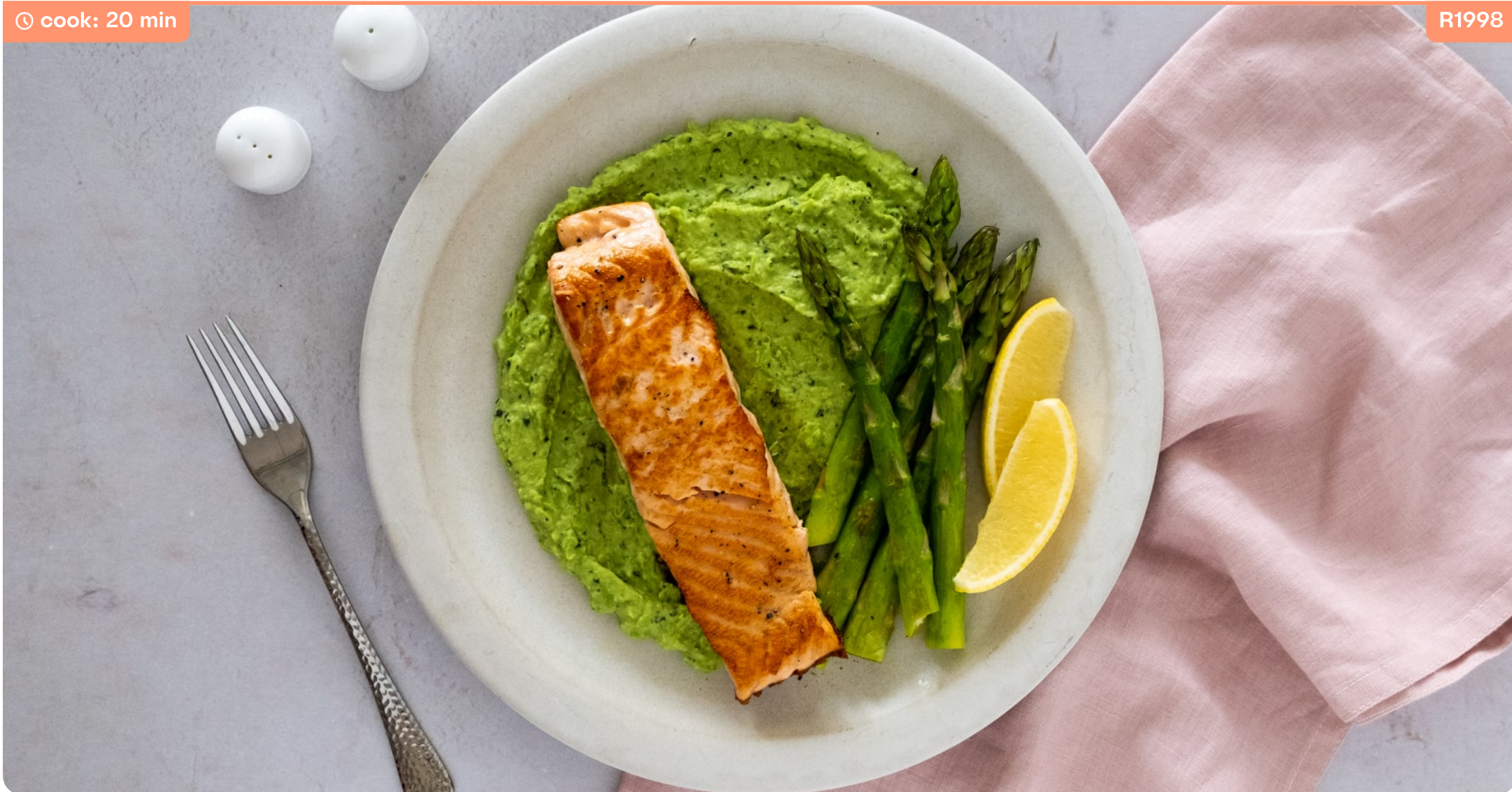
Delicious salmon served over sweet pea puree.

Cals 485 • Prot 39 • Carbs 18 • Fat 31

hellochef.com • 04-383-93-99 • hello@hellochef.com

🕒 cook: 20 min

R1998



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.