Green Pesto Salmon in Lemon Butter Sauce

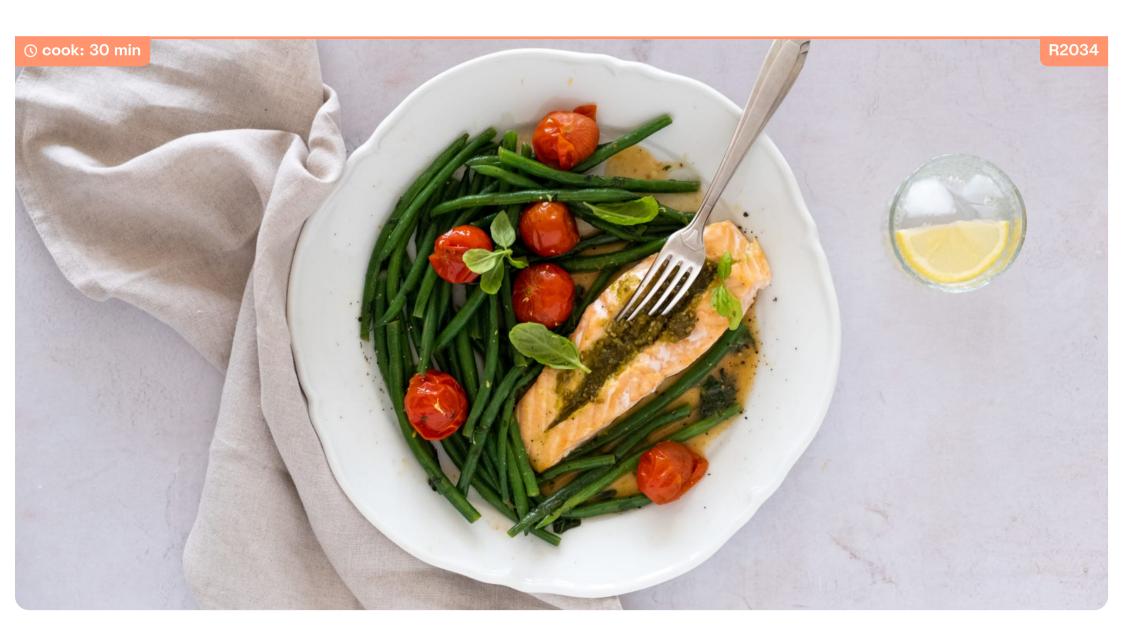
with Green Beans and Tomatoes

Simple, packed with flavour and delicious! Bon appetit!

hellóchef

Cals 589 • Prot 38 • Carbs 20 • Fat 42

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Before you start

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

Ingredients

Salmon	2 ppl	3 ppl	4 ppl	
Skin-on salmon fillet 6*	350	525	700	Grams
Green pesto 2*, 4*	30	50	75	Grams
Black pepper	0.5	1	1	Tsp
To serve				
Green beans	250	375	500	Grams
Fresh basil	15	15	15	Grams
Olive oil	1	1	2	Tbsp
Butter 4*	20	30	50	Grams
Cherry tomatoes	150	250	300	Grams
Vegetable stock cube 15*	1	1	1	Piece
Water	150	225	300	ML
Salt	0.5	1	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Lemon	1	1	1	Piece

Allergens

*6 Fish, *2 Tree Nuts, *4 Milk, *15 Celery

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)	2455 / 589
Fat (g)	41.5
of which saturates (g)	11.9
Carbohydrate (g)	20
of which sugars (g)	8.8
Fiber (g)	7
Protein (g)	38.4
Salt (g)	0.9

^{*}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 salmon

Preheat the oven to 200°C/180°C fan. Portion the **salmon**. Place the **salmon** on a baking tray. Using a sharp knife, make an incision along each **fillet**, without cutting all the way down to the skin. With a spoon, fill the incisions with the **pesto**. Season with **black pepper** and bake for 12–15 min, or until cooked through.



2 Prep

Meanwhile, trim the **green beans**. Pick and roughly chop the **basil** leaves.



3 Make sauce

Heat a pan over a medium heat with a drizzle of **olive oil**, the **butter** and the **cherry tomatoes**. Cook for 4 min or until the **butter** begins to brown. Meanwhile, boil the **measured water** and dissolve the {0.5/0.5/1} **stock cube** in it. After 4 min, add the **stock** and cook for 3 min further or until the sauce begins to thicken.



4 Boil green beans

Meanwhile, cook the **green beans** in a pot of salted boiling water for 3-4 min or until tender. Drain once cooked.



5 Finish squce

Add the drained **green beans** and the **fresh basil** leaves to the **sauce** and toss. Season with **salt** and **pepper** to taste. Remove the pan from the heat and add {1/1.5/2} Tbsp of **lemon** juice.



6 Serve

Serve the **pesto salmon** with the **green** beans, tomatoes and lemon butter sauce to the side.