

Green Pesto Salmon in Lemon Butter Sauce

with Green Beans and Tomatoes

hellóchef

Simple, packed with flavour and delicious! Bon appetit!

Cals 589 • Prot 38 • Carbs 20 • Fat 42

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🕒 cook: 30 min

R2034



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 sauce

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.