

# Simple Salmon Supper

with Rosemary Potatoes and Green Beans

hellóchef

Familiar flavours such as rosemary and lemon take humble ingredients like green beans and potatoes to the next level.

Cals 715 • Prot 47 • Carbs 57 • Fat 36

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🕒 cook: 40 min

R2659



## 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 <b>6*</b>	350	525	700	Grams
Vegetable oil	1	1	2	Tbsp
Salt	0.5	1	1	Tsp
Potatoes				
Fresh rosemary	10	20	20	Grams
Potatoes	600	900	1200	Grams
Vegetable oil	1	2	2	Tbsp
Salt	1	1	2	Tsp
To serve				
Fresh parsley	15	15	15	Grams
Lemon	1	1	2	Piece
Natural yogurt <b>4*</b>	170	170	340	Grams
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Green beans	150	250	375	Grams
Butter <b>4*</b>	20	30	50	Grams

## 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)	2986 / 715
Fat (g)	36.4
of which saturates (g)	12.3
Carbohydrate (g)	57
of which sugars (g)	12.5
Fiber (g)	12.8
Protein (g)	47.1
Salt (g)	0.5

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



### 1 Roast potatoes

Preheat the oven to 200°C/180°C fan. Strip the **rosemary** from its stem and finely chop it. Chop the **potatoes** (skins on) into small cubes. Add them to a large baking tray with the **rosemary**, a drizzle of **vegetable oil** and a generous pinch of **salt**. Toss until the **potatoes** are fully coated. Roast for 30 min or until golden and crisp.



### 2 Prep yogurt

Meanwhile, finely chop the **parsley**. Slice the **lemon** into wedges. Add the **natural yogurt**, **parsley** and a squeeze of **lemon** to a bowl. Season with **salt** and **pepper** and give everything a good mix up. Set aside.

**Tip!** Zest the lemon before chopping it into wedges. Add it to the buttery green beans when serving for a pop of flavour.



### 3 Fry salmon

Once the **potatoes** have been roasting for 15 min, portion the **salmon**. Heat a non-stick pan over a medium heat with a drizzle of **oil**. Once hot, add the **salmon**, skin-side down and cook for 5–6 min or until very crispy. Flip the **salmon** and cook for 2–3 min further.

**Tip!** Cook your salmon for a couple of min less for a medium finish. Keeping it slightly pink inside will ensure it doesn't dry out.



### 4 Boil green beans

Meanwhile, trim the **green beans**. Cook them in a pot of salted boiling water for 3–4 min or until tender. Drain once cooked. Return the **green beans** to the pot with the **butter** and toss.



### 5 Serve

Serve the **salmon** over the **rosemary potatoes** with the **yogurt sauce** and the **green beans** to the side. Garnish with any remaining **lemon** wedges.