

# Creamy Tuscan Salmon

## with Green Beans

hellóchef

Simple and so enjoyable!

Cals 513 • Prot 50 • Carbs 18 • Fat 28

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🕒 cook: 30 min

R2816





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	
Skinless salmon fillet <b>6*</b>	350	525	700	Grams
Garlic cloves	2	3	4	Piece
Cherry tomatoes	150	250	300	Grams
Baby spinach	60	90	125	Grams
Fresh basil	15	15	30	Grams
Fresh parsley	15	15	30	Grams
Parmesan <b>4*</b>	30	45	60	Grams
Water	150	175	300	ML
Chicken stock cube <b>4*, 5*, 9*, 15*</b>	0.5	1	1	Piece
Olive oil	2	3	4	Tbsp
Salt	0.5	1	1	Tsp
Cooking cream <b>4*</b>	100	200	200	ML
Black pepper	0.5	0.5	1	Tsp
To serve				
Green beans	250	375	500	Grams
Salt	0.5	0.5	1	Tsp

Allergens

\*6 Fish, \*4 Milk, \*5 Eggs, \*9 Soya, \*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)	2141 / 513
Fat (g)	27.5
of which saturates (g)	14.4
Carbohydrate (g)	18
of which sugars (g)	8.7
Fiber (g)	5.6
Protein (g)	50.2
Salt (g)	2.1

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



1 Prep vegetables

Peel and mince the **garlic**. Chop the **fresh basil** and **parsley** leaves. Grate the **Parmesan**.



2 Fry salmon

Portion the **salmon**. Heat a pan over a medium heat with a drizzle of **oil**. Once hot, add the **salmon** and fry for 2-3 min on each side until nicely browned on the surface. The **salmon** doesn't need to be cooked through at this point. Remove the **salmon** from the pan and set it aside. Season with **salt**.



3 Make sauce

Return the pan to a medium heat with another drizzle of **oil**. Add the **garlic**, **cherry tomatoes**, **measured water** and {0.5/1/1} **chicken stock cube**. Cover with a lid, reduce the heat to low and simmer for 10 min until the **tomatoes** start to break.



4 Boil beans

Meanwhile, wash and trim the **green beans**. 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 **spinach**, **basil**, **parsley**, {100/200/200}ml **cooking cream** and **black pepper** to the pan. Bring to a simmer. Return the **salmon** to the pan and simmer for 3-4 min further until the **salmon** is cooked and the sauce has thickened nicely. Finally fold in the grated **Parmesan**.



6 Serve

Serve the creamy **salmon** with the **green beans** to the side.