

# Pan-fried Salmon with Creamy Pesto Vegetables

**hellóchef**

Like all oily fish, salmon is rich in omega-3 fatty acids, making it an excellent promoter of heart and brain health.

Cals 694 • Prot 44 • Carbs 26 • Fat 48

**Quick Prep**

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 prep: 5 min

 cook: 20 min

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Before you start

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

Ingredients

Skin-on salmon fillet <b>6*</b>	350	525	700	Grams
Green beans	150	250	300	Grams
Small zucchini	2	3	4	Piece
Broccoli	200	300	400	Grams
Green peas	100	150	200	Grams
Olive oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Cream cheese <b>4*</b>	80	120	160	Grams
Green pesto <b>2*, 4*</b>	50	75	100	Grams
Lemon	1	1	2	Piece
Black pepper	0.5	0.5	1	Tsp

Allergens

\*6 Fish, \*4 Milk, \*2 Tree Nuts

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)	2894 / 694
Fat (g)	48.3
of which saturates (g)	13.4
Carbohydrate (g)	26
of which sugars (g)	8
Fiber (g)	8.7
Protein (g)	43.7
Salt (g)	1.4

\*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

Trim the **green beans** and slice them in half. Slice the **zucchini** in half lengthways, then slice it into half moons. Chop the **broccoli** into florets. Portion the **salmon**.



2 Boil

Bring a pot of salted water to the boil. Add the **green beans, broccoli** and **peas** and cook for 3 min until tender. Drain.



3 Fry zucchini

Meanwhile, heat a non-stick pan over a medium heat with a drizzle of **oil**. Once hot, add the **zucchini** and fry for 5 min until golden.



4 Fry salmon

Meanwhile, sprinkle the **salmon** skin with **salt**. Heat a second non-stick pan over a medium heat with a drizzle of **olive oil**. Once hot, add the **salmon fillets** skin-side down and cook for 3-4 min on either side until cooked through.

**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.



5 Pesto veg

After 5 min, add the drained **peas, broccoli** and **beans** along with the **cream cheese** and **pesto** to the **zucchini**. Toss until well combined (add a splash of water if needed!).



6 Serve

Slice the **lemon** into wedges. Serve the **salmon** alongside the creamy **pesto** vegetables. Season with a squeeze of **lemon** juice and finish with a generous grind of **black pepper**.