Pan-fried Salmon with Creamy Pesto Vegetables

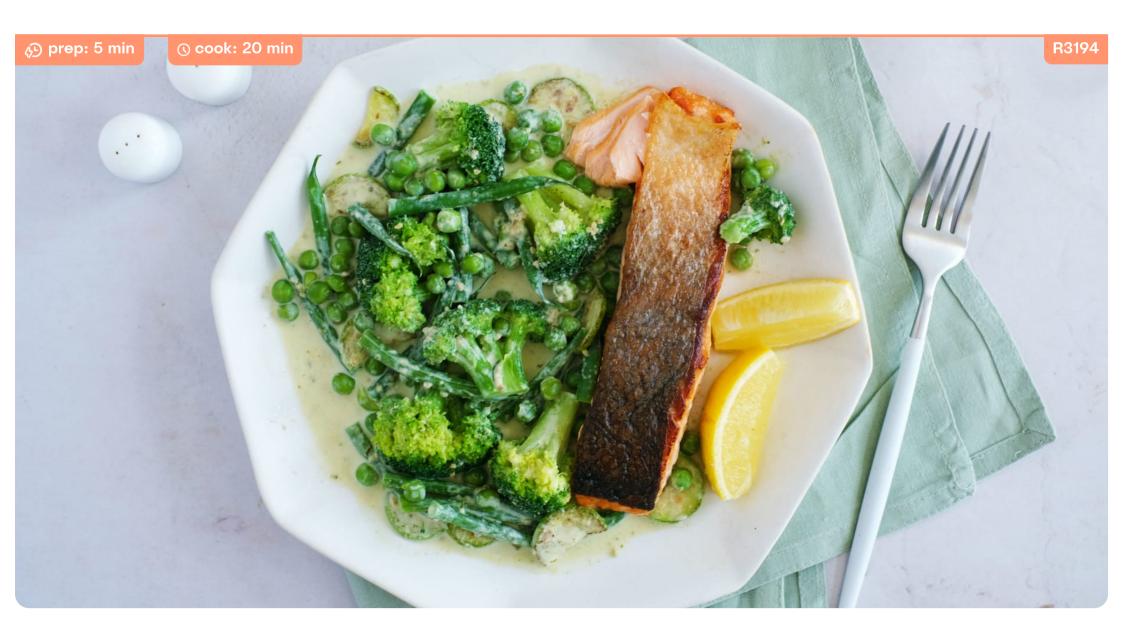
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Like all oily fish, salmon is rich in omega-3 fatty acids, making it an excellent promoter of heart and brain health.

Cals 694 • Prot 44 • Carbs 26 • Fat 48

Quick Prep

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Before you start

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

Ingredients

9				
Skin-on salmon fillet 6*	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 4*	80	120	160	Grams
Green pesto 2*, 4*	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 vea

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**.