

SEARED SALMON & SAGE BUTTER

with Mashed Potato & Garlicky Green Beans





Make a sage butter sauce





Potato

Green Beans





Garlic

Lemon

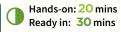




Sage

Salmon

Pantry Staples: Olive Oil, Milk, Butter





Classic ingredients don't need much to elevate them to a sensational meal. Take this delicious salmon – it just gets simply seared then topped with a sage-infused browned butter for a meal that's low on effort and high on taste.

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
• medium saucepan with a lid • medium frying pan



1 GET PREPPED

Bring a medium saucepan of lightly salted water to the boil. Peel the **potato** and cut into 2cm chunks. Trim the **green beans**. Finely chop the **garlic** (or use a garlic press). Cut the **lemon** in half. Pick the **sage** leaves.



MAKE THE MASH

Add the **potato** to the saucepan of boiling water and cook until easily pierced with a knife, **10-15 minutes**. Drain and return to the saucepan. Add the **milk**, the **salt**, **1/2** the **butter** and a **pinch** of **pepper** to the saucepan with the potato. Mash with a potato masher or fork until smooth. Cover with a lid to keep warm.



T COOK THE BEANS

While the potato is cooking, heat a drizzle of olive oil in a medium frying pan over a medium-high heat. Add the green beans and cook, tossing, until just tender, 4-5 minutes. *TIP: Add a dash of water to help the beans cook faster! Add 1/2 the garlic and cook until fragrant, 1 minute. Season with a pinch of salt and pepper. Transfer to a plate and cover to keep warm.



COOK THE SALMON

Pat the **salmon** dry with paper towel and season both sides with salt and pepper. Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Once hot, add the salmon to the pan, skin-side down, and cook until just cooked through, **2-4 minutes** each side (depending on thickness). Transfer to a plate. * TIP: Salmon can be served slightly blushing in the middle.



MAKE THE SAGE BUTTER

Return the frying pan to a medium heat and add the remaining butter, the sage and remaining garlic. Cook until the butter has melted and browned slightly, 1-2 minutes. Remove the pan from the heat and add a squeeze of lemon juice and a pinch of pepper. Slice any remaining lemon into wedges. *TIP: Seasoning is key in this sauce. Taste and add more lemon juice, salt or pepper if you like.



SERVE UP

Divide the mashed potato, salmon and garlicky green beans between plates. Spoon over the sage butter and serve with any remaining lemon wedges.

ENJOY!

INGREDIENTS

	_	_
	2P	4P
olive oil*	refer to method	refer to method
potato	3	6
green beans	1 bag (200g)	1 bag (400g)
garlic	2 cloves	4 cloves
lemon	1	2
sage	1 bunch	1 bunch
milk*	2½ tbs	⅓ cup
salt*	1/4 tsp	½ tsp
butter*	50g	100g
salmon	1 packet	1 packet

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2400kJ (574Cal)	466kJ (111Cal)
Protein (g)	35.7g	6.9g
at, total (g)	32.0g	6.2g
saturated (g)	16.2g	3.1g
Carbohydrate (g)	33.3g	6.5g
sugars (g)	4.1g	0.8g
Sodium (g)	464mg	90mg

For allergens and ingredient information, visit **HelloFresh.co.nz/recipes**

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