



Peri Peri Crumbed Salmon and Hot Honey

with Roasted Butternut Squash and Green Beans

Medium Spice

Preparation time : 40 min.



- Butternut Squash
- Baking Potato
- Mixed Herbs
- Green Beans
- Garlic Clove
- Breadcrumbs
- Peri Peri Seasoning
- Salmon Fillets
- Mayonnaise
- Hot Sauce
- Honey
- Olive Oil for the Crumb



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/peri-peri-crumbed-salmon-and-hot-honey-172>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Baking Tray, Grater, Baking Paper, Pan, Aluminum Foil, Small Bowl

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Butternut Squash (unit(s))	1	1	1
Baking Potato (unit(s))	1	1½	2
Mixed Herbs (sachet(s))	1	1	2
Green Beans (grams)	160	200	320
Garlic Clove (unit(s))	1	1	2
Breadcrumbs (grams)	25	35	50
Peri Peri Seasoning (sachet(s))	1	1½	2
Salmon Fillets (grams)	200	300	400
Mayonnaise (grams)	32	48	64
Hot Sauce (grams)	30	50	60
Honey (grams)	15	22½	30
Olive Oil for the Crumb (tbsp)	1	1	2

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kJ)	2892 kJ
Energy (kcal)	691 kcal
Fat	25.5 g
of which saturates	4.1 g
Carbohydrate	83 g
of which sugars	28 g
Dietary Fibre	11.7 g
Protein	30.4 g
Salt	2.21 g

Allergens

Egg, Mustard, Milk, Wheat, Fish, May contain traces of allergens, Soya, Celery, Barley, Cereals containing gluten, Sulphites

Always check the product labels for allergen information.



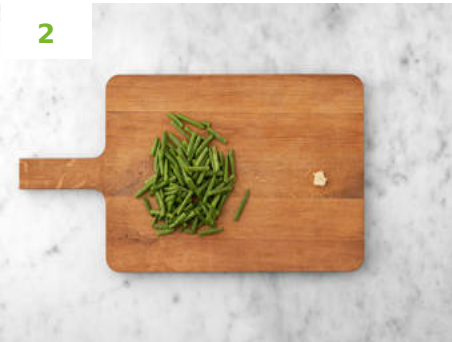
Roast the Butternut

Preheat your oven to 220°C/200°C fan/gas mark 7. Trim the **butternut squash**, halve lengthways, then scoop out the seeds (peel first if you prefer). Cut into 1cm chunks. Chop the **potato** into 2cm chunks (no need to peel). Pop the **diced butternut** and **potato chunks** onto a large baking tray. Drizzle with **oil**, sprinkle over the **mixed herbs**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary. When the oven is hot, roast on the middle shelf until golden and cooked through, 30-35 mins. Turn halfway through.



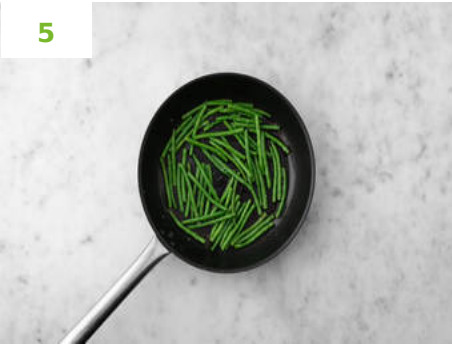
Crumb and Bake

Spread the **mayonnaise** over the top and sides of the **fish** and top with the **breadcrumb mixture**. Press it down with a spoon. Bake on the top shelf until the **crumbs** are golden and the **fish** is cooked through, 10-15 mins. **IMPORTANT:** The fish is cooked when opaque in the middle. In a small bowl, combine the **hot sauce** and **honey**. Season with **salt** and **pepper** and mix well. **TIP:** If your honey has hardened, put the sachet in a bowl of hot water for 1 min to loosen.



Do Some Prep

Meanwhile, trim the **green beans**. Peel and grate the **garlic** (or use a garlic press). In a small bowl, combine the **breadcrumbs**, **peri peri seasoning** and **olive oil for the crumb** (see pantry for amount). Season with **salt** and **pepper**.



Steam-Fry the Beans

Heat a drizzle of **oil** in a medium frying pan on medium-high heat. Once hot, add the **green beans** and stir-fry until starting to char, 2-3 mins. Stir in the **garlic**, then turn the heat down to medium and cook for 1 min. Add a splash of **water** and immediately cover with a lid or some foil. Cook until the **beans** are tender, 4-5 mins. Remove from the heat, season with **salt** and **pepper** and cover to keep warm.



Prep the Salmon

Pat the **salmon dry** with kitchen paper. Lay the **salmon**, skin-side down, onto a lined baking tray. **IMPORTANT:** Wash hands and utensils after handling raw fish.



Serve

Once everything's ready, transfer the **crumbed salmon** to your plates. Pour over the **hot honey sauce**. Serve the **roasted butternut**, **potato** and **green beans** alongside.

Enjoy your meal!