



HELLO
FRESH

Swedish Style Creamy Dill Salmon

with Sautéed Mushrooms, Buttery Cabbage and Mashed Potato

Low Carb

Preparation time : 20 min.



Potatoes



Salmon Fillets



Sliced
Mushrooms



Creme Fraiche



White Wine



Dill

Stock Powder



Shredded Savoy
Cabbage



Water for the
Sauce



Butter



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/swedish-style-creamy-dill-salmon-178>

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 Paper, Large Saucepan, Lid, Colander, Kettle, Pan, Potato Masher

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Potatoes (grams)	450	700	900
Salmon Fillets (grams)	200	300	400
Sliced Mushrooms (grams)	80	120	160
Creme Fraiche (grams)	75	150	150
White Wine Stock Powder (sachet(s))	1	1½	2
Dill (bunch(es))	1	1	2
Shredded Savoy Cabbage (grams)	150	225	300
Water for the Sauce (milliliter(s))	150	225	300
Butter (grams)	20	30	40

Add yourself

Salt, pepper, oil and water according to taste.

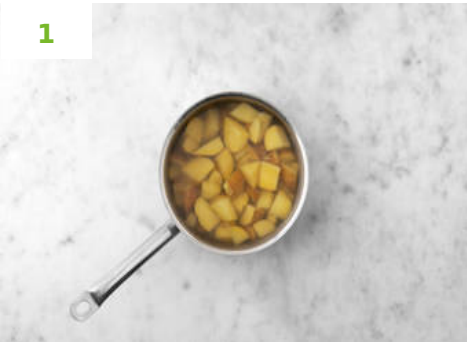
Nutritional values

Per serving	Amount
Energy (kj)	2746 kj
Energy (kcal)	656 kcal
Fat	36.8 g
of which saturates	15.8 g
Carbohydrate	54.6 g
of which sugars	7.2 g
Dietary Fibre	8.1 g
Protein	29.4 g
Salt	2.7 g

Allergens

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

Always check the product labels for allergen information.



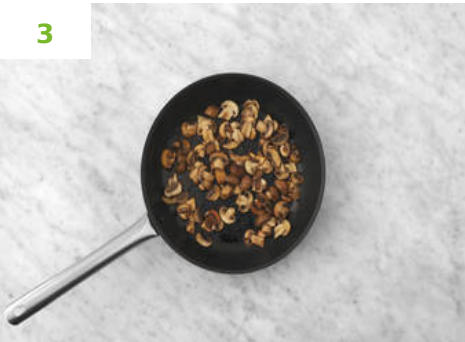
Get Started

- a) Preheat your oven to 220°C/200°C fan/gas mark 7. Boil a full kettle of **water**.
- b) Meanwhile, chop the **potatoes** into 2cm chunks (no need to peel).
- c) Pour the **boiling water** into a large saucepan with ½ **tsp salt** for the **potatoes**.
- d) Add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-18 mins.



Bake the Salmon

- a) Lay the **salmon fillets**, skin-side down, onto a lined baking tray. Season with **salt** and **pepper**.
- b) When the oven is hot, roast the **salmon** on the top shelf until cooked through, 10-15 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle.*



Start the Sauce

- a) Meanwhile, pop a small saucepan on medium-high heat with a drizzle of **oil**.
- b) When hot, add the **mushrooms** to the pan. Fry, stirring occasionally, until browned, 5-6 mins.
- c) Give the **chicken** pan a quick wipe and return to a medium-high heat with a drizzle of **oil**.



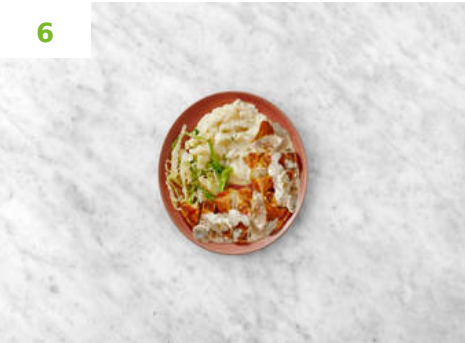
Build the Flavour

- a) Add the **cabbage** to the frying pan and stir-fry for 2 mins. Season with **salt** and **pepper**, add a splash of **water**, mix well and cover with a lid (or foil). Cook until just tender, 3-4 mins.
- b) When the **mushrooms** are cooked, stir in the **creme fraiche**, **white wine stock powder** and **water for the sauce** (see pantry for amount). Stir and simmer until thickened, 2-3 mins.
- c) Remove from the heat and cover with a lid to keep warm.



Final Touches

- a) While everything cooks, roughly chop the **dill** (stalks and all).
- b) Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat. Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth. Season with **salt** and **pepper**. Cover with a lid to keep warm.
- c) When the **cabbage** is cooked, stir in the **butter** (see pantry for amount) until melted, remove from the heat and cover with a lid.
- d) Stir **half** the **dill** into the **mushroom sauce**. Add a splash of **water** if you think it needs it.



Serve

- a) Share the **salmon** between your plates and spoon over the **creamy dill and mushroom sauce**.
- b) Serve the **mashed potato** and **buttery cabbage** alongside.
- c) Sprinkle the remaining **dill** over the dish to finish.

Enjoy your meal!