



**HELLO
FRESH**

Double Creamy Dill Baked Salmon

with Stir-Fried Courgette & Leeks and Herby Roast Potatoes

High Protein

Preparation time : 35 min.



Potatoes



Mixed Herbs



Courgette



Leek



Dill



Garlic Clove



Cream Cheese



Grated Hard
Italian Style Cheese



Salmon Fillets



Olive Oil



Butter



Mayonnaise



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/double-creamy-dill-baked-salmon-409>

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, Garlic Press, Baking Paper, Small Bowl, Large Frying Pan

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Potatoes (grams)	450	700	900
Mixed Herbs (sachet(s))	1	1	2
Courgette (unit(s))	1	1½	2
Leek (unit(s))	1	1½	2
Dill (bunch(es))	1	1½	2
Garlic Clove (unit(s))	2	3	4
Cream Cheese (grams)	50	75	100
Grated Hard Italian Style Cheese (grams)	20	40	40
Salmon Fillets (grams)	400	600	800
Olive Oil (tbsp)	½	¾	1
Butter (grams)	20	30	40
Mayonnaise (tbsp)	2	3	4

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kJ)	4104 kJ
Energy (kcal)	981 kcal
Fat	61.5 g
of which saturates	18.3 g
Carbohydrate	54.3 g
of which sugars	10.2 g
Dietary Fibre	9.9 g
Protein	53.4 g
Salt	1.23 g

Allergens

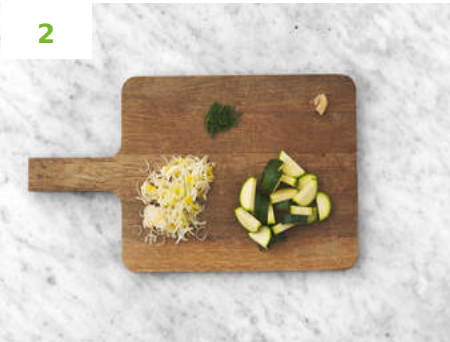
Egg, Milk, Fish, May contain traces of allergens, Celery

Always check the product labels for allergen information.



Get Started

Preheat your oven to 220°C/200°C fan/gas mark 7. Chop the **potatoes** into 2cm chunks (no need to peel). Pop the **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, 30-40 mins. Turn halfway through.



Get Prepped

Meanwhile, trim the **courgette**, then halve lengthways. Slice widthways into 1cm thick pieces. Trim the root and dark green leafy part from the **leek** and discard. Halve lengthways, then thinly slice. Roughly chop the **dill** (stalks and all). Peel and grate the **garlic** (or use a garlic press).



Top the Salmon

In a small bowl, combine the **cream cheese**, **hard Italian style cheese**, **olive oil** (see pantry for amount), **half** the **dill** and **half** the **garlic**. Season with **salt** and **pepper** and mix well. Lay the **salmon fillets**, skin-side down, onto a lined baking tray. Season with **salt** and **pepper**. Spread the **cream cheese mixture** over the top of the **salmon fillets** with the back of a spoon. **IMPORTANT:** Wash your hands and equipment after handling raw fish.



Into the Oven

When the **potatoes** have 15 mins remaining, roast the **salmon** on the top shelf until cooked through, 10-15 mins. **IMPORTANT:** The fish is cooked when opaque in the middle.



Fry the Veg

When the **salmon** has around 5-6 mins remaining, heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **courgette** and **leeks**. Season with **salt** and **pepper**. Stir-fry until browned on the outside and softened, 5-6 mins. Once softened, stir in the remaining **garlic** and **butter** (see pantry for amount) until melted, 1 min more. Remove from the heat.



Serve Up

When everything's ready, share the **salmon** between your plates. Serve the **herby potatoes** and **veg** alongside. Sprinkle the remaining **dill** over the **salmon**. Dollop some **mayo** (see pantry for amount) on the side for dipping to finish.

Enjoy your meal!