



HELLO
FRESH

Pan-Fried Salmon and Pisto de Verduras

with Roast Potatoes, Courgette and Mini Bell Peppers

Calorie Smart

Preparation time : 40 min.



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/pan-fried-salmon-and-pisto-de-verduras-442>

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, Large Saucepan, Large Frying Pan

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Salad Potatoes (grams)	350	500	700
Courgette (unit(s))	1	1½	2
Snack Peppers (grams)	300	450	600
Garlic Clove (unit(s))	2	3	4
Lemon (unit(s))	1	1½	2
Mediterranean Style Seasoning (sachet(s))	1	1½	2
Tomato Passata (carton(s))	1	1½	2
Vegetable Stock Paste (grams)	10	15	20
Salmon Fillets (grams)	200	300	400
Sugar (tsp)	1	1½	2
Water for the Sauce (milliliter(s))	150	225	300

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kJ)	2158 kJ
Energy (kcal)	516 kcal
Fat	18.1 g
of which saturates	3.3 g
Carbohydrate	60.1 g
of which sugars	20.2 g
Dietary Fibre	11.3 g
Protein	29.9 g
Salt	3.03 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.



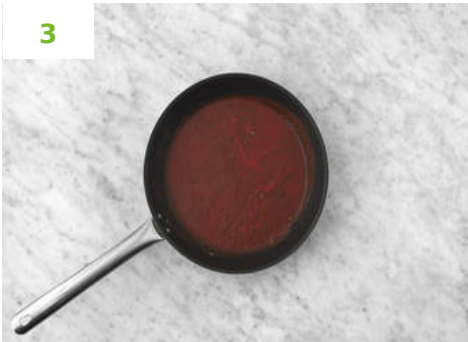
Roast the Potatoes

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**, 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.



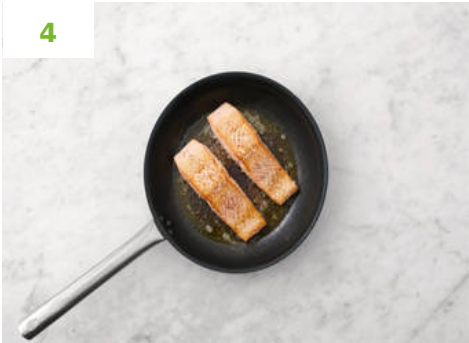
Roast the Veg

Meanwhile, trim the **courgette** and slice into 1cm thick rounds. Trim the stems off the **mini bell peppers** and quarter into long wedges, discarding the cores and seeds. Add the **courgette** and **peppers** to a baking tray and drizzle with **oil**. Season with **salt** and **pepper**. Toss to coat, then spread out in a single layer. Roast on the top shelf until tender, 18-20 mins. Turn halfway through. Meanwhile, peel and grate the **garlic** (or use a garlic press). Cut the **lemon** into wedges.



Start the Sauce

Heat a drizzle of **oil** in a large saucepan on medium-high heat. Once hot, add the **garlic** and **Mediterranean style seasoning**. Season with **salt** and **pepper**. Stir-fry for 1 min. Add the **passata**, **vegetable stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts). Bring to the boil, then simmer until the **sauce** has thickened slightly, 3-4 mins. Once the **sauce** is ready, keep it warm.



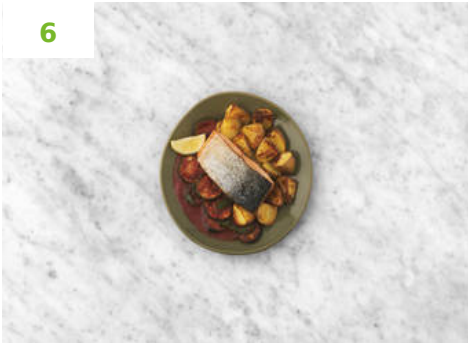
Fry the Salmon

Heat a drizzle of **oil** in a large frying pan on high heat. Pat the **salmon** dry with kitchen paper, then season with **salt** and **pepper**. Once hot, carefully place the **salmon** into the pan, skin-side down. Cook for 4-5 mins, then lower the heat to medium. **TIP:** To get *crispy skin on the fish, don't move it around when it's cooking skin-side down*. Turn and cook the remaining three sides for 2-3 mins each. **IMPORTANT:** Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle.



Finishing Touches

When everything's nearly ready, reheat the **sauce** if needed. Stir in the **roasted courgette and peppers**. Taste the **veg** and **sauce** and season with an extra pinch of **salt** and **pepper** if needed.



Serve

Share the **salmon, crispy potatoes, veg** and **sauce** between plates. Serve with wedges of **lemon** on the side for squeezing over.

Enjoy your meal!