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Oven-Baked Salmon with Pesto Potatoes

This fresh dish is perfect for the cooler months: baked potatoes and a salmon fillet are hearty enough to satisfy on a cold night, so you'll be warmed right down to the tips of your toes. Don't worry though, because baby spinach and a perfect pesto inject plenty of freshness and flavour to this dish as well.



Prep: 5 mins

Cook: 45 mins

Total: 50 mins



level 1



omega 3
rich



eat me
first

Pantry Items



Olive Oil



Potatoes



Salmon



Baby Spinach



Traditional Pesto

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2P	4P	Ingredients
400 g	800 g	potatoes, unpeeled & quartered
2 tsp	1 tbs	olive oil *
2 fillets	4 fillets	salmon
½ bag	1 bag	baby spinach, washed
2 tbs	4 tbs	traditional pesto (recommended amount)

- ⊕ Ingredient features in another recipe
- * Pantry Items
- 🌿 Pre-preparation

Nutrition per serve

Energy	2270	Kj
Protein	38.2	g
Fat, total	30.1	g
-saturated	4.5	g
Carbohydrate	27.7	g
-sugars	1.2	g
Sodium	208	mg

Disclaimer: Potatoes naturally vary in size, we may over supply you but please use the weight stated for this recipe.



You will need: *chef's knife, chopping board, two oven trays lined with baking paper, and a medium bowl.*

- 1 Preheat the oven to **200°C/180°C** fan-forced.
- 2 Place the **potato** on one lined oven tray and toss in the **olive oil**. Season with **salt** and **pepper** and roast in the oven for **40-45 minutes** or until tender and golden. Place the **salmon fillets** on the other lined oven tray and season with salt and pepper. Add to the oven for the last **10-12 minutes** of the potatoes cooking time or until cooked to your liking. Please note cooking times may vary slightly depending on your oven.
- 3 Transfer the hot potatoes to a bowl and add the **baby spinach**. Toss so that the hot potatoes begin to wilt the baby spinach slightly. Add the **traditional pesto** and toss to coat well. Season to taste with salt and pepper.
- 4 To serve, divide the pesto potato salad and baked salmon between plates.

Did you know? Pesto originated in Genoa, the capital city of Liguria in Northern Italy.