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WK49
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Classic Pan-Fried Salmon with Caper Butter Sauce

God bless the clever clogs who first thought to try the budding fruit of the caper bush and found them to be delicious. Without them, we just don't know what on earth we'd put with salmon! Caper sauce with fresh dill brings this simple trio of salmon, creamy potatoes and green beans to life.



Prep: 10 mins

Cook: 30 mins

Total: 40 mins



level 1



omega 3
rich



low kJ

Pantry Items



Olive Oil



Butter



Potatoes



Green Beans



Salmon



Dill



Capers

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2P	4P	Ingredients
300 g	600 g	potatoes, washed thoroughly & chopped in 3 cm chunks
1 packet	2 packets	green beans, trimmed
2 fillets	4 fillets	salmon
2 tsp	1 tbs	olive oil *
1 tbs	2 tbs	butter *
1 bunch	2 bunches	dill, finely chopped
1 tbs	2 tbs	capers, drained & rinsed

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	1560	Kj
Protein	28.3	g
Fat, total	18.3	g
-saturated	6.4	g
Carbohydrate	21.6	g
-sugars	1.9	g
Sodium	324	mg



You will need: chef's knife, chopping board, large saucepan, colander, medium frying pan, tongs and plate.



1 Place the **potato** in a large saucepan of water and bring to the boil. Cook for about **15 minutes**, or until tender when pierced with a knife. In the same pot, add the **green beans** and blanch them for **1 minute**, or until bright green and crunchy. Drain.

2 Meanwhile, season both sides of the **salmon fillets** with **salt** and **pepper**. Heat half of **olive oil** in a medium frying pan over a medium-high heat. Place the salmon skin side down in the pan and cook for **2-3 minutes** on each side, or until almost cooked through. Stir through the **butter** and reduce to a low heat.

3 Once the butter has melted, spoon the pan juices over the salmon. Remove the salmon from the pan and rest on a plate. Take the pan off the heat and add the **dill**, **capers** and some pepper to the remaining butter sauce.



4 To serve, divide the potato and green beans between plates, drizzle with the remaining olive oil and season with salt and pepper. Serve your pan-fried salmon on the side with the caper butter sauce.



Did you know? The smaller the caper, the more expensive it will be! This is due to the intensive labour required to collect the delicious immature flower buds.