



GREEN  
CHEF

14



Lower Carb

## Honey-Orange Glazed Salmon

With Roasted Beetroot, Green Beans & Carrots

Cook time: 35-40 | Servings: 2 or 4 portions

**Carbs**

39g

**Protein**

33g

**Fat**

27g

**Calories**

538 Kcal

**5-a-day**

3 portions

Typical Values Per Serving



## Before you start

Wash your hands before and after prep. Wash fruit and veg but not meat. Check ingredient packaging names match those stated on the recipe card.

Make sure you've got a Cutting Board, Knife, Baking Tray, Zester, Bowl and Frying Pan.

## Ingredients

Ingredients	2 people	4 people
Carrot**	2	4
Orange**	1	1
Green Beans**	150g	300g
Cooked Beetroot**	250g	500g
Honey	1 sachet	2 sachets
Salmon** 4)	2	4
Dukkah	1 sachet	2 sachets

\*Not Included \*\* Keep in the Fridge

Nutrition	Per serving	Per 100g
for uncooked ingredient	568g	100g
Energy (kJ/kcal)	2251 / 538	397 / 95
Fat (g)	27	5
Sat. Fat (g)	4	1
Carbohydrate (g)	39	7
Sugars (g)	32	6
Protein (g)	33	6
Salt (g)	0.51	0.09

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

### 4) Fish

There may be last-minute changes to ingredients, of which we will always notify you by email.

Please remember to check your ingredient packaging for information on allergens and traces of allergens.


Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## How to Contact us

If you have any questions, our customer care team is available 7 days a week, 9:00am to 10:00pm, on 020 4538 1121 or chat to us via our website

Grocery Delivery E-Services UK Ltd,  
60 Worship St, London, EC2A 2EZ

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## Now, let's get cooking!



Preheat your oven to 220C/200C fan/gas mark 7. Trim the **carrot** (no need to peel). Cut each **carrot** into 8 batons by slicing it in half widthways, then into quarters lengthways. Place the **carrots** onto one half of a lined baking tray. Drizzle with **oil**, and, if you'd like to, season with **salt** and **pepper**. Toss to coat, then spread out into a single layer and roast on the middle shelf of your oven for 15 mins.



Next, remove the tray from the oven and place the **beetroot** and **green beans** next to the **carrots**. Ensure they are spread out in one even layer (use a second tray if you need to). Return to the middle shelf of the oven for another 12-14 mins, until all the **veg** is cooked.



Zest the **orange**. Trim the **green beans**. Cut each **beetroot** into quarters. You can wear rubber gloves when handling the **beetroot** to avoid staining your hands. Put the **beans** and **beetroot** on a plate and if you'd like to, season with **salt** and **pepper**. Drizzle with **oil**. In a small bowl, juice ¼ of the **orange** and mix in the **honey**. Set aside for later.



Transfer the **salmon** from the pan to the lined baking tray, skin side up. Drizzle the **honey-orange sauce** over the **salmon skin**. Roast on the top shelf of the oven for 10 mins. **IMPORTANT: The salmon is cooked when opaque in the centre.**



Once the **carrots** have been in the oven for 10 mins, start the **salmon**. Heat a medium frying pan on medium-high heat with a drizzle of **oil**. Season the **salmon** on both sides with **salt** and **pepper**. Lay the **salmon** into the pan, skin-side down, lower the heat to medium, and fry until the skin starts to crisp, 5 mins. Remove from heat. **IMPORTANT: Wash your hands after handling raw fish.**



Remove the **veg** from the oven. Divide the **carrots**, **beetroot** and **green beans** between the plates and sprinkle with **dukkah**. Place the **honey-orange salmon fillets** next to the **veg**, spooning over any extra **glaze** left on the baking tray. Sprinkle with the **orange zest**.

Enjoy!



Hilltop honey was started in 2011 in founder Scott's back garden. They now source the best honey from sustainable beekeepers from across the UK.

