



JUN
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Pan-Fried Crispy Salmon

with Dill Sauce and Arugula Potato Salad

We want to make dinner as uncomplicated as possible. This crispy salmon recipe is as easy and delicious as it comes, so put your feet up tonight – you totally deserve it!



Salmon Fillet



Mini Yukon Potatoes



Arugula



Capers



Dill



Lemon

Ingredients

	2 People	4 People	
Salmon Fillet, skin on	1) 1 pkg (285 g)	2 pkg (570 g)	
Mini Yukon Potatoes	1 pkg (340 g)	2 pkg (680 g)	
Arugula	1 pkg (113 g)	2 pkg (227 g)	
Capers	?? 1 pkg (14 g)	2 pkg (28 g)	
Dill	1 pkg (10 g)	1 pkg (10 g)	
Lemon	1	2	
Butter*	2) 2 tbsp	4 tbsp	
Olive or Canola Oil*			

*Not Included

Allergens

1) Wheat/Blé

2) Milk/Lait

Tools

Medium Pot, Measuring Spoons, Zester, Large Non-Stick Pan, Medium Bowl, Whisk, Strainer

Ruler

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Nutrition per person Calories: 523 cal | Fat: 27 g | Protein: 36 g | Carbs: 36 g | Fibre: 5 g | Sodium: 432 mg
Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

1



1 Boil the potatoes: Wash and dry all produce. Cut the potatoes into 1/2-inch wedges. In a medium pot, combine the potatoes with enough salted water to cover. Bring to a boil over high heat, until fork tender, 12-15 min.

2



2 Prep: Roughly chop 1 tbsp dill (double for 4 people). Zest, then juice the lemon.

3



3 Cook the fish: Pat the fish dry with paper towels. Season with salt and pepper. Heat a large non-stick pan over medium heat. Add a drizzle of oil, then the fish, skin-side down. Cook until the skin is crispy, 6-7 min. (TIP: Try to avoid lifting the fish off the pan until the bottom is crisp! It will slide right off the pan.) Flip the fish over and cook until the fish is cooked through, 2-3 min. Transfer the fish to a plate, skin-side up.

5



4 Make the dill sauce: Add the butter to the same pan. Cook until the butter becomes foamy, smells nutty and turns golden-brown, 2-4 min. (TIP: Watch it closely so it doesn't burn!) Add 1 tbsp lemon juice (double for 4 people), dill and capers. Cook until fragrant, 1-2 min. Set aside.

5 Make the salad: In medium bowl, whisk together remaining lemon juice, lemon zest and a drizzle of oil. Season with salt and pepper. Toss in the arugula.

6 Finish and serve: Drain the potatoes. Divide the arugula between plates. Top with potatoes and salmon. Drizzle over the dill sauce and enjoy!

BBQ TIP: Instead of pan-frying, grill salmon, skin-side down, over medium heat until cooked to desired doneness, 15-17 min.

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