



Smart Creamy Chive Salmon

with Sweet Potato Wedges and Zesty Zucchini

Carb Smart

Calorie Smart

30 Minutes



Salmon Fillets, skin-on



Zucchini



Sweet Potato



Sour Cream



Lemon



Dijon Mustard



Chives



Vegetable Broth Concentrate

HELLO CHIVES

Add a delicate onion flavour to your dish with this bright green herb!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

Baking sheet, measuring spoons, zester, parchment paper, measuring cups, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Salmon Fillets, skin-on	250 g	500 g
Zucchini	200 g	400 g
Sweet Potato	340 g	680 g
Sour Cream	3 tbsp	6 tbsp
Lemon	1	1
Dijon Mustard	1 ½ tsp	3 tsp
Chives	7 g	7 g
Vegetable Broth Concentrate	1	2
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 70°C/158°F, as size may vary.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

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1 Roast sweet potato wedges

- Cut **sweet potatoes** into ½-inch wedges.
- Add **sweet potatoes** and **2 tsp oil** to a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 parchment-lined baking sheets, with 2 tsp oil per sheet.) Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 22-24 min. (**NOTE:** For 4 ppl, roast in the middle and top of the oven, rotating sheets halfway through.)



4 Cook salmon

- Reheat the same pan over medium-high.
- When hot, add **1 tsp oil** (dbl for 4 ppl), then **salmon**, skin-side down. Cook until **skin** is crispy, 4-5 min.
- Flip and cook until **salmon** is cooked through, 3-4 min.**
- Remove the pan from heat. Transfer **salmon** to the plate with **zucchini**. Carefully wipe the pan clean.



2 Prep

- Meanwhile, halve **zucchini** lengthwise, then cut into ½-inch half-moons.
- Zest **lemon**, then cut **half the lemon** into wedges (whole lemon for 4 ppl).
- Thinly slice **chives**.
- Pat **salmon** dry with paper towels, then season with **salt** and **pepper**.



5 Make chive sauce

- Reheat the same pan over medium-high.
- When the pan is hot, add **broth concentrate** and **½ cup water** (dbl for 4 ppl). Cook, whisking constantly, until **sauce** comes to a simmer.
- Once simmering, continue whisking until slightly reduced, 2-3 min.
- Add **1 tbsp butter** (dbl for 4 ppl), then swirl the pan until melted.
- Remove the pan from heat. Add **Dijon**, **sour cream** and **1 tbsp chives** (dbl for 4 ppl). Season with **salt** and **pepper**, to taste, then whisk to combine.



3 Cook zucchini

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp butter** (dbl for 4 ppl), then swirl the pan until melted.
- Add **zucchini**. Cook, stirring often, until tender-crisp, 3-4 min. Season with **salt** and **pepper**, to taste.
- Remove the pan from heat, then stir in **lemon zest**.
- Transfer **zucchini** to a plate, then cover to keep warm. Carefully wipe the pan clean.



6 Finish and serve

- Divide **zucchini**, **sweet potato wedges** and **salmon** between plates.
- Spoon **chive sauce** over **salmon**, then sprinkle with **remaining chives**.
- Squeeze a **lemon wedge** over top, if desired.

Dinner Solved!