

# MARLEY SPOON



## Salmon Nicoise

 20-30min  2 Portions

Summer cooking is all about quick and nutritious dinners that are on the table in next to no time and this sensational salmon salad ticks all the boxes. The fish provides all-important Omega-3, the eggs provide an additional hit of protein, the potatoes provide substance and the vegetables make the salad a complete meal.



## What we send

- 1 banana shallot and dill
- roma tomato
- baby cos lettuce
- slamon fillet, skin off <sup>4</sup>
- gren beans
- chat potatoes

## What you'll require

- eggs <sup>3</sup>
- extra virgin olive oil
- sea salt and pepper
- white wine vinegar <sup>17</sup>
- wholegrain mustard <sup>17</sup>

## Utensils

- medium frypan
- small saucepan

Our veggies come straight from the farm, so please wash them before cooking.

## Allergens

Egg (3), Fish (4), Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 555.0kcal, Fat 30.1g, Proteins 36.8g, Carbs 30.3g



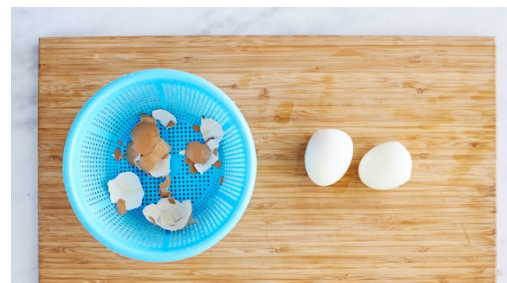
### 1. Boil potatoes

Halve or quarter the **potatoes**. Trim the **beans** and halve diagonally. Place the potatoes in a small saucepan and cover with cold water. Bring to the boil. Boil for 8 mins or until almost tender. Add green beans and cook for a further 2 mins or until vegetables are tender. Drain. Rinse under cold water and drain again.



### 4. Prepare salad ingredients

Tear **lettuce** into bite-sized pieces. Cut **tomatoes** into wedges. Thinly slice **shallot**. Pick leaves from **dill** (discard stems).



### 2. Boil eggs

Meanwhile, bring a second saucepan of water to the boil. Add 2 **eggs** and simmer for 6 mins for soft or 7-8 mins for hard-boiled. Drain and rinse under cold water. Peel eggs.



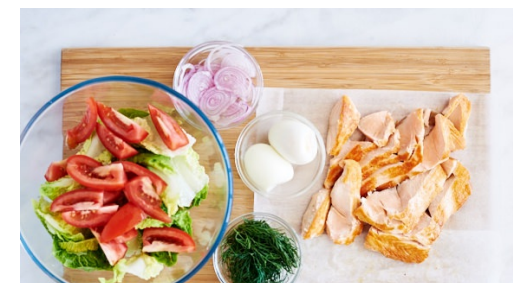
### 5. Make dressing

Combine 2 tsp **mustard**, 1 tbs **oil** and 1 tbs **white wine vinegar** in a small bowl. Season with **sea salt and pepper**.



### 3. Cook salmon

Meanwhile, season **salmon** with **sea salt and pepper**. Heat 1 tbs **oil** in a medium frypan over medium-high heat. Cook the salmon for 2 mins each side or until golden and cooked to your liking. Transfer to a plate. Set aside for 5 mins to cool.



### 6. Get ready to serve

Divide **potato**, **beans**, **lettuce**, **tomato** and **shallot** among serving plates. Flake **salmon** into large chunks. Arrange over the salad. Halve **eggs** and place on salad. Drizzle with **dressing** and garnish with **dill**.