

Salmon with Buttery Kale

with Potatoes and Herb Dressing



20-30min



4 Portions

Big-flavoured kale and a mustardy garlic sauce make the perfect plate-mates for salmon and potatoes. Simple, quick, delicious and healthy too, this combination of favourite veggies and pan-fried fish has 'winner' stamped all over it.

What we send

- potato
- Tasmanian salmon ⁴
- kale
- parsley
- 1 garlic clove

What you'll require

- butter ⁷
- Dijon mustard ¹⁷
- extra virgin olive oil
- olive oil
- sea salt and pepper
- water
- white wine vinegar ¹⁷

Utensils

- large frypan
- medium saucepan

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

The garlic in the sauce is raw so it needs to be finely minced. ~Alternatively, use a small food processor to make the dressing.

Allergens

Fish (4), Milk (7), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 585kcal, Fat 34.3g, Carbs 30.9g, Proteins 34.5g



1. Cook potatoes

Read through the recipe. Cut the **unpeeled potatoes** into 2cm chunks. Put in a large saucepan of cold salted water and bring to the boil. Reduce the heat to medium and cook for 12-15 mins until tender. Drain, then return to the pan and cover to keep warm.



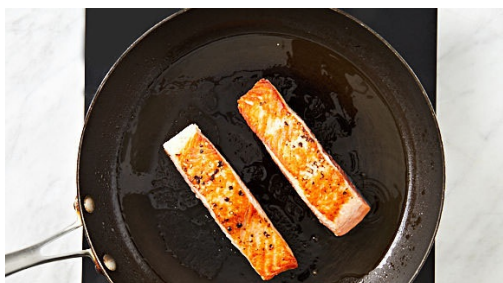
2. Prepare dressing

Meanwhile, chop the **garlic**, then press with the flat side of a knife to finely mince (see cooking tip). Finely chop the **parsley**, including the stems. Combine the garlic, parsley, **2 tbs extra virgin olive oil**, **1½ tbs white wine vinegar** and **2 tsp Dijon mustard** in a small jug or bowl and season with **salt and pepper**.



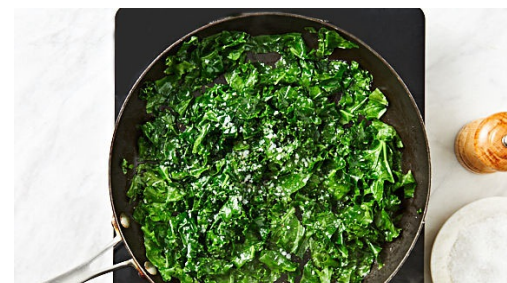
3. Prepare kale

Discard the tough stems from the **kale** and thinly slice the leaves.



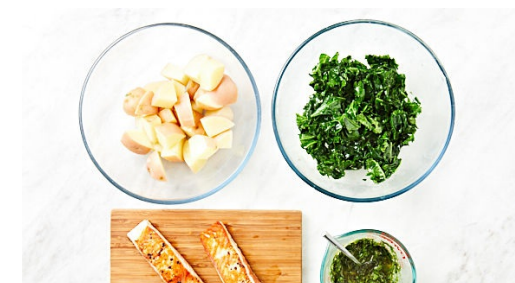
4. Cook salmon

Heat **1 tbs olive oil** in a large frypan over medium-high heat. Season the **salmon** with **salt and pepper**, then cook for 3 mins each side until just cooked through or until cooked to your liking (cooking times may vary depending on the thickness of the fillets). Remove from the pan and keep warm.



5. Cook kale

Increase the heat to high. Melt **20g butter** in the pan, add the **kale** and **2 tbs water** and cook, stirring, for 1-2 mins until wilted. Season with **salt and pepper**.



6. Get ready to serve

Divide the **potato**, **salmon** and **kale** among plates. Drizzle with the **dressing** to serve.