



Cooking Made Easy

HelloFresh.com | hello@hellofresh.com



F E B Share your masterpiece! Tag your photos with #HelloFreshPics and share on 2015 You'll be entered into our weekly photo contest!

## Roasted Salmon with Garlicky Grape Tomatoes & Crushed Potatoes



We're roasting rich and flavorful salmon to perfection. Serve it up with our favorite crispy crushed potatoes and garlicky tomatoes and green beans. This dish is bursting with flavor.



35 min



level 2



gluten-free



eat me first



nut free



Salmon



Yukon Potatoes



Green Beans



Parsley



Grape Tomatoes



Garlic

## Ingredients

		2 Person	4 Person
Salmon	4)	2 fillets	4 fillets
Yukon Potatoes		12 oz	24 oz
Green Beans		4 oz	8 oz
Garlic		2 cloves	4 cloves
Grape Tomatoes		1 bunch	2 bunches
Parsley		1 bunch	2 bunches
Butter*	7)	1 T	2 T
Olive Oil*		1 T + 2 t	2 T + 4 t

\*Not included

## Allergens

4) Fish

7) Milk

**Nutrition per person** Calories: 633 | Carbs: 41 g | Fat: 34 g | Protein: 41 g | Fiber: 7 g



**1** Preheat the oven to 400 degrees. Bring a pot of **water** to a boil with a large pinch of **salt**. Halve the **tomatoes**. Thinly slice the **garlic**. Finely chop the **parsley**. Trim the ends of the **green beans**.

**2** Blanch the **green beans** by adding them to the **boiling water** for a minute or two, then set aside, reserving the **water**. Add the **potatoes** to the **boiling water** and cook for 15-20 minutes, until easily pierced with a knife.



**3** Meanwhile, drizzle each **salmon fillet** with 1 teaspoon **olive oil** and season with **salt** and **pepper** on each side. Place on a baking sheet, skin side-down, and roast for 8-10 minutes, until easily flakes with a fork and slightly opaque in the middle. Drain the **potatoes** and set aside.

**4** Meanwhile, heat 1 tablespoon **butter** in a pan over medium heat. Add the **tomatoes** and season with **salt** and **pepper**. Cook for about 2 minutes, until slightly burst. Add the **green beans** and cook, tossing, for a minute or two, until green beans are crisp-tender. Add the **garlic** and **half the parsley** and cook for 30 seconds, until fragrant. Set aside.



**5** Once the **potatoes** are done, slice into ½ inch rounds and crush with the side of your knife.

**6** In the same pan you cooked the tomatoes in, heat 1 tablespoon **oil** in a pan over medium heat. Add the **potatoes** and cook for about 3 minutes on each side, until golden brown and crispy. Sprinkle with the **remaining parsley** and season with **salt** and **pepper**.



**7** Serve the **salmon fillets** with the **green beans and tomatoes**, and **crispy potatoes** to the side!

**Tip:** Salmon can also be delicious served a little rare, so feel free to experiment with the cooking times (no less than 7 minutes, no more than 15!) We suggest 8-10 minutes for a perfect medium.