



HEY, HONEY! SALMON

with Potato Wedges & Zesty Green Beans

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Yukon Gold
Potatoes



1 | 1
Lemon



1 TBSP | 2 TBSP
Fry Seasoning



6 oz | 12 oz
Green Beans



10 oz | 20 oz
Salmon
Contains: Fish



1.5 oz | 3 oz
Honey Dijon
Dressing
Contains: Eggs

HELLO

HONEY DIJON DRESSING

This savory-sweet sauce is cut with lemon juice for bright tang.



PREP: 5 MIN | COOK: 35 MIN | CALORIES: 690



KEEP IT REEL

Some quick tips to ensure crispy-skinned salmon success:

- 1) Take your fillets out of the fridge 15-20 minutes before you prep. Room temperature salmon = more even cooking.
- 2) Heat your oil until shimmering, then add the fillets and let them do their thing—no poking or moving around! The salmon skin will naturally release from the pan when the fish is ready to flip.

BUST OUT

- Zester
- Baking sheet
- Paper towels
- Large pan
- Kosher salt
- Black pepper
- Olive oil (4 tsp | 4 tsp)
- Butter (1 TBSP | 1 TBSP)
Contains: Milk

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1 PREP

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 450 degrees. **Wash and dry all produce.**
- Cut **potatoes** into ½-inch-thick wedges. Zest and quarter **lemon**.



2 ROAST POTATOES

- Toss **potatoes** on one side of a baking sheet with a large drizzle of **olive oil**, half the **Fry Seasoning** (you'll use the rest later), **salt**, and **pepper**. (**For 4 servings, spread out across entire sheet.**)
- Roast on top rack for 10 minutes (you'll add the green beans then).



3 ROAST GREEN BEANS

- Once **potatoes** have roasted 10 minutes, remove sheet from oven.
- Carefully toss **green beans** on empty side with a drizzle of **olive oil**, **salt**, and **pepper**. (**For 4 servings, leave potatoes roasting and add green beans to a second sheet; roast on middle rack.**)
- Roast until veggies are browned and tender, 12-15 minutes more.
- Toss roasted green beans with **salt**, **pepper**, and **lemon zest** to taste.



4 COOK FISH

- Meanwhile, pat **salmon*** dry with paper towels; season with remaining **Fry Seasoning**, **salt**, and **pepper**.
- Heat a drizzle of **olive oil** in a large pan over medium-high heat. Add salmon skin sides down and cook until browned and crispy, 5-7 minutes. Flip and cook until salmon is opaque and cooked through, 1-2 minutes more. Turn off heat. Transfer salmon to a plate. Wipe out pan.



5 MAKE SAUCE

- Add **honey dijon dressing**, **2 TBSP water**, and a squeeze of **lemon juice** to same pan over medium heat; simmer until thickened, 1-2 minutes.
- Turn off heat and stir in **1 TBSP butter** until melted. Season with **salt** and **pepper** to taste.



6 FINISH & SERVE

- Divide **salmon**, **potatoes**, and **green beans** between plates. Spoon **sauce** over salmon. Serve with remaining **lemon wedges** on the side.

* Salmon is fully cooked when internal temperature reaches 145°.