



Hello Fresh

Cooking Made Easy

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## Pan-Roasted Salmon

with Mustard-Butter Bean Salad



This recipe is all about contrast — creamy butter beans, crisp snap peas, tangy mustard, and earthy coriander guarantee your tastebuds won't be bored. Lemon and butter-basted salmon is the crowning glory to this restaurant-worthy dish.



35 min



level 2



eat me first



gluten free



lactose free



nut free



Salmon Fillets



Dijon Mustard



Butter Beans



Garlic



Lemon



Zucchini



Coriander



Red Onion



Stock Concentrate



Sugar Snap Peas

## Ingredients

|                   | 2 People  | 4 People  |
|-------------------|-----------|-----------|
| Salmon Fillets    | 2         | 4         |
| Dijon Mustard     | 1 t       | 2 t       |
| Garlic            | 2 cloves  | 4 cloves  |
| Sugar Snap Peas   | 4 oz      | 8 oz      |
| Zucchini          | 1         | 2         |
| Butter Beans      | 1 can     | 2 cans    |
| Coriander         | 1 t       | 2 t       |
| Stock Concentrate | 1         | 2         |
| Red Onion         | 1         | 2         |
| Lemon             | 1         | 2         |
| Butter*           | 1 T       | 2 T       |
| Olive Oil*        | 1 T + 1 t | 2 T + 2 t |

\*Not Included

## Allergens

1) Fish

## Tools

Large Pan,  
Strainer

Ruler

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**Nutrition per person** Calories: 697 cal | Carbs: 18 g | Fat: 34 g | Protein: 53 g | Fiber: 5 g



**1** Drain and rinse the **butter beans**. Finely dice the **red onion**. Mince or grate the **garlic**. Dice the **zucchini** into ½-inch cubes. Halve the **lemon**.

**2** Heat 2 teaspoons **olive oil** in a large pan over medium-high heat. Add the **onion** and cook, tossing, for about 5 minutes, until softened. Add the **snap peas** and **zucchini** and cook until snap peas are crisp-tender and zucchini has softened, about 3-4 minutes. Set aside.



**3** In the same pan, add another 2 teaspoons **olive oil**. Season both sides of the **salmon** with **salt** and **pepper** and add to the pan skin side-down first. Sear for about 2-3 minutes per side, until slightly opaque in the center. Add 1 tablespoon of **butter** to the pan and the juice of half the **lemon**. Spoon **butter-lemon sauce** over **salmon**. Set aside and cover with foil.

**4** In the same pan, add **garlic** and cook over medium heat for 30 seconds before adding the **mustard** and **coriander**. Cook for 30 seconds, then add the **butter beans**, **onion**, **zucchini**, and **snap peas** to the pan. Cook, tossing, for 1-2 minutes. Season with **salt** and **pepper**.



**5** Add **stock concentrate** and ¼ cup **water**. Simmer for about 3 minutes, until broth has slightly thickened.

**6** Serve the **salmon** atop the **butter bean and zucchini salad** with a squeeze of **lemon**.