



CLASSIC ROASTED SALMON

with Crispy Potato Rounds and Dilled Veggies



HELLO



BLUE CIRCLE SALMON
Sustainable, traceable, and non-GMO:
healthy fish for happy, healthy people

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 560

- 
Heirloom Grape Tomatoes
- 
Dill
- 
Yukon Gold Potatoes
- 
Garlic
- 
Green Beans
- 
Salmon
(Contains: Fish)

START STRONG

During the hustle and bustle of the season, even the smallest time-saving tricks count: put a lid on your pot as the water heats up so it comes to a boil quickly.

BUST OUT

- Large pot
- Baking sheet
- Slotted spoon
- Strainer
- Large pan
- Olive oil (1 TBSP | 2 TBSP)
- Butter (1 TBSP | 2 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 2-person | 4-person

- Heirloom Grape Tomatoes 4 oz | 8 oz
- Garlic 2 Cloves | 4 Cloves
- Dill ¼ oz | ½ oz
- Yukon Gold Potatoes 12 oz | 24 oz
- Green Beans 6 oz | 12 oz
- Salmon 10 oz | 20 oz

HELLO WINE



PAIR WITH

Voilà Pays d'Oc Pinot Noir, 2016

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1 PREHEAT AND PREP

Wash and dry all produce. Adjust rack to middle position and preheat oven to 425 degrees. Fill a large pot with **water** and a pinch of **salt** and bring to a boil. Halve **tomatoes** lengthwise. Thinly slice **garlic**. Pick **dill** fronds from stems and finely chop. Slice **potatoes** into ½-inch-thick rounds.



4 COOK SALMON

Place **salmon** skin-side down on a lightly oiled baking sheet. Sprinkle with a drizzle of **olive oil**. Season with **salt** and **pepper**. Roast in oven to desired doneness, 8-10 minutes.



2 BOIL VEGGIES

Once water is boiling, add **green beans** to pot. Let boil until they turn bright green, 1-2 minutes. Remove from pot with a slotted spoon and transfer to a strainer, keeping pot of boiling water on stove. Rinse green beans under cold water. Add **potatoes** to same pot and boil until easily pierced by a knife, 12-15 minutes, then drain and let cool slightly.



5 CRISP POTATOES

Once **potatoes** are cool enough to touch, transfer to a cutting board and lightly crush each round with the back of your knife. Heat a drizzle of **olive oil** in pan used for veggies over medium-high heat. Add potatoes and cook until browned, 2-3 minutes per side. (**TIP:** Work in batches if you can't fit them all.) Sprinkle with remaining **dill**. Season with **salt** and **pepper**.



3 FINISH VEGGIES

Meanwhile, melt **1 TBSP butter** in a large pan over medium heat. Add **tomatoes** and season with **salt** and **pepper**. Cook, tossing, until slightly wilted, 2-3 minutes. Add **green beans** and **garlic**. Cook, tossing, until tender, 2-3 minutes. Stir in half the **dill**. Season with salt and pepper. Remove from pan and set aside, covered, to keep warm.



6 PLATE AND SERVE

Divide **green beans, tomatoes, salmon,** and **potatoes** between plates and serve.

BETTER SALMON

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