



Pan-seared Salmon and Cranberry Chutney with Roasted Squash and Green Beans

Holiday

30 Minutes



Salmon Fillets,
skinless



Whole Cranberries



Navel Orange



Butternut Squash,
cubes



Green Beans



Walnuts, chopped

HELLO CRANBERRIES

Tart cranberries cook down with orange zest and juice for the perfect chutney!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust Out

Baking sheet, measuring spoons, zester, parchment paper, small pot, large non-stick pan, paper towels, large bowl

Ingredients

	2 Person	4 Person
Salmon Fillets, skinless	285 g	570 g
Whole Cranberries	113 g	227 g
Navel Orange	1	2
Butternut Squash, cubes	340 g	680 g
Green Beans	170 g	340 g
Walnuts, chopped	28 g	56 g
Unsalted Butter*	1 ½ tbsp	3 tbsp
Sugar*	3 tbsp	6 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 70°C/158°F, as size may vary.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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You may receive an equivalent ingredient substitution for this recipe. Follow the instructions with the ingredients received. Thank you for your understanding and happy cooking!

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Roast squash

Toss the **squash** with **1 tbsp oil** (dbl for 4 ppl) on a parchment-lined baking sheet. Season with **salt** and **pepper**. Roast in the **middle** of the oven, flipping halfway through, until tender, 20-22 min.



Prep and toast nuts

While the **squash** roasts, trim the **green beans**. Zest, then juice the **orange**. Roughly chop the **walnuts**. Pat the **salmon** dry with paper towels. Season with **salt** and **pepper**. Set aside. Heat a large non-stick pan over medium heat. When hot, add the **walnuts** to the dry pan. Toast, stirring often, until golden-brown, 3-4 min. (**TIP**: Keep your eye on them so they don't burn!) Transfer to a plate.



Make chutney

Heat a small pot over medium-high heat. When hot, add the **cranberries**, **2 tbsp water** and **3 tbsp sugar** (dbl both for 4 ppl). Cook, stirring occasionally, until **cranberries** begin to burst, 2-3 min. Add the **orange juice**. Cook, until slightly thickened, 3-4 min. Remove the pan from the heat. Using the back of a spoon, gently crush any **berries** that haven't burst. Stir in the **orange zest** and set aside.



Cook green beans

Add **1 tbsp butter** (dbl for 4 ppl) to the same pan (from step 2) and swirl to melt, 1 min. Add the **green beans** and **2 tbsp water** (dbl for 4 ppl). Cook, stirring occasionally, until **beans** are tender, 4-5 min. Season with **salt** and **pepper**. Transfer to a large bowl and cover to keep warm.



Cook salmon

Add **½ tbsp butter** (dbl for 4 ppl), then **salmon** to the same pan. Pan-fry, until golden-brown and cooked through, 2-3 min per side.**



Finish and serve

Toss the **walnuts** with the **green beans**. Divide the **salmon**, **squash** and **green beans** between plates. Top the **salmon** with the **cranberry chutney**.

Dinner Solved!