



NOV
2016

Roasted Salmon

with Crispy Potatoes, Burst Tomatoes and Green Beans

Healthy fats for the win! That's our motto - and one of the main reasons we're practically drooling over this luscious roasted salmon with pan-fried potatoes, juicy tomatoes, and crisp green beans. Talk about a dinner of champions.



Prep
30 min



level 1



make me
first



Salmon



Baby Potatoes



Green Beans



Grape Tomatoes



Garlic



Dill

Ingredients

	2 People	4 People
Salmon	1 pkg (285 g)	2 pkg (570 g)
Baby Potatoes	1 pkg (340 g)	2 pkg (680 g)
Green Beans	1 pkg (170 g)	2 pkg (340 g)
Grape Tomatoes	1 pkg (255 g)	2 pkg (510 g)
Garlic	1 pkg (10 g)	2 pkg (20 g)
Dill	1 pkg (7 g)	1 pkg (7 g)
Butter*	2 tbsp	4 tbsp
Olive or Canola Oil*		

*Not Included

Allergens

- 1) Fish/Poisson
- 2) Milk/Lait

Tools

Medium Pot, Large Pan, Strainer, Measuring Spoons, Baking Sheet, Medium Bowl

Ruler

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Nutrition per person Calories: 637 cal | Fat: 25 g | Protein: 27 g | Carbs: 77 g | Fiber: 8 g | Sodium: 645 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



1 Preheat your oven to 425°F. (To bake the salmon.) Start prepping when your oven comes up to temperature!



2 Cook the potatoes: Wash and dry all produce. Bring a medium pot of **salted water** to a boil. Add the **potatoes** to the boiling water. Cook until potatoes are fork tender, 15-16 min.

3 Prep: Meanwhile, halve the **tomatoes**. Mince or grate the **garlic**. Finely chop 1 **tbsp dill** (double for 4 people.)



4 Cook the salmon: Meanwhile, place the **fish fillets** onto a lightly oiled baking sheet. Season with **salt** and **pepper**. Drizzle with **oil**. Bake in the centre of the oven until fish is opaque in the centre, 6-8 min.

5 Sauté the veggies: Melt **half the butter** in a large pan over medium heat. Add the **green beans, tomatoes** and **garlic**. Cook, stirring occasionally, until the tomatoes start to soften and burst, 5-6 min. Stir in **half the dill**. Season with **salt** and **pepper**. Transfer the mixture to a medium bowl.

6 Crisp the potatoes: Once the **potatoes** are done, drain. Heat **2 tbsp oil** in the same pan over medium-high heat. (**TIP:** Adding more oil helps it crisp up more!) Add a few potatoes, and press down with a spatula to lightly flatten the potatoes. (Don't crowd the pan - do this in batches if you need to!) Cook until golden brown and crispy, 2-3 min per side. Sprinkle the potatoes with the remaining **dill**.

7 Finish and serve: Serve the **roasted salmon** with the **green beans, tomatoes** and **crispy potatoes** on the side. Enjoy!

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