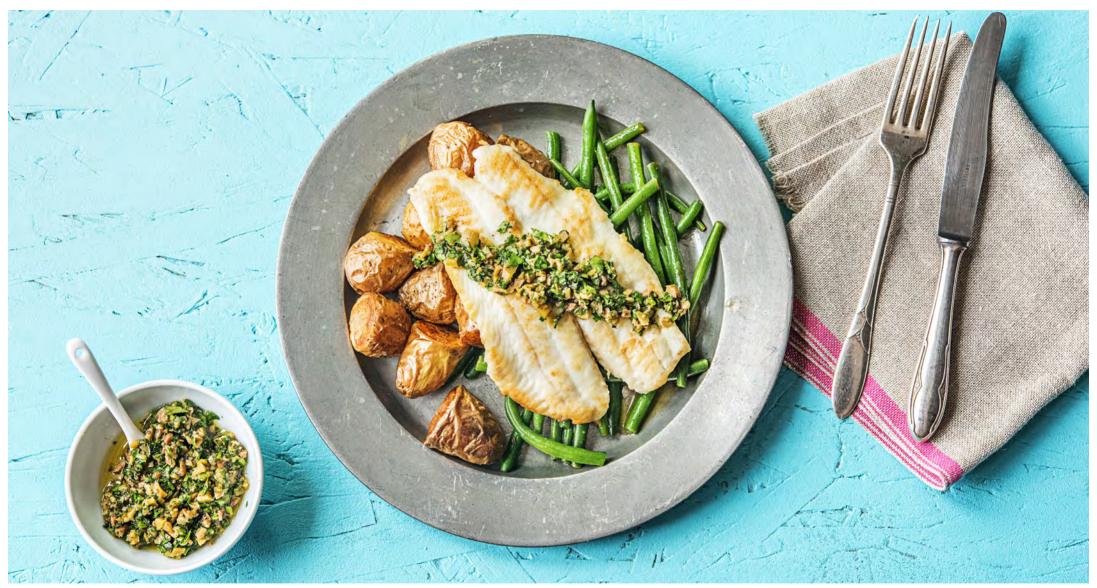


SALSA VERDE SOLE

with Roasted Potatoes and Green Beans



HELLO SALSA VERDE

Parsley, olives, brown butter, and citrus make for one groovy green dressing.



Yukon Gold Potatoes

Green Beans



Garlic

Parsley





Lemon







Green Olives

Smoked Paprika

PREP: 15 MIN TOTAL: 40 MIN

CALORIES: 520

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START STRONG

June 8 is World Oceans Day and another reason to celebrate HelloFresh's pledge to only source ocean-friendly seafood in partnership with Monterey Bay Aquarium Seafood Watch®.

BUST OUT

- 2 Baking sheets
- Large pan
- Paper towel
- Small bowl
- Olive oil (2 TBSP | 4 TBSP)
- Butter (1 TBSP | 2 TBSP) (Contains: Milk)

INGREDIENTS

Ingredient 2-person | 4-person

• Yukon Gold Potatoes 12 oz | 24 oz

• Garlic 1 Clove | 2 Cloves

Parsley
 Lemon
 ½ oz
 1 | 2

• Green Olives 1 oz | 2 oz

• Green Beans 6 oz | 12 oz

• Sole 12 oz | 24 oz

Smoked Paprika 1tsp | 2 tsp

HELLO WINE



Tengo Albariño Rías Baixas, 2015

HelloFresh.com/Wine





Wash and dry all produce. Preheat oven to 400 degrees. Halve potatoes. (TIP: Quarter any large ones so all are evenly sized.) Toss on a baking sheet with a drizzle of olive oil and a pinch of salt and pepper. Roast in oven until browned, 25-30 minutes, tossing halfway

through.



PREP
Mince 1 clove garlic (we sent more).
Finely chop parsley. Halve lemon. Finely mince olives.



ROAST GREEN BEANS
Place green beans on another
baking sheet and toss with a drizzle of
olive oil. Season with salt and pepper.
(TIP: If there's room on the sheet with
potatoes, you can scoot them to one side
and add the green beans to the other
side after the potatoes have roasted
halfway.) Roast green beans in oven until
tender, 12-15 minutes.



Heat a drizzle of **olive oil** in a large pan over medium-high heat. Pat **sole** dry with a paper towel. Season all over with **salt** and **pepper**. (**TIP**: for a smoky flavor, season sole with **smoked paprika** as well.) Add to pan and cook until flaky and opaque, 2-3 minutes per side. Remove from pan and place directly on plates for serving. Drizzle with a squeeze of **lemon**.



Make salsa verde
Melt 1 TBSP butter in same
pan over medium-high heat. Once
completely melted, add garlic, then
shake pan in a circular motion to
swirl. Continue swirling until butter is
browned and smells nutty, 2-4 minutes.
Pour into a small bowl. Add parsley,
olives, a squeeze of lemon, and 1 TBSP
olive oil to bowl. Stir to combine. Season
with salt and pepper.



6 PLATE AND SERVE
Add potatoes and green beans
to plates with sole and drizzle with a
squeeze of lemon. Top with salsa verde
and serve.

TASTY!

Love the salsa verde? Use it to dress almost any protein.

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