



# SLAMMIN' LEMON SALMON

with a Warm Butter Bean and Zucchini Salad



## HELLO

### BUTTER BEANS

The legumes live up to their name with plenty of creaminess

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 690



Butter Beans



Garlic



Salmon  
(Contains: Fish)



Dijon Mustard



Sugar Snap Peas



Cilantro



Red Onion



Zucchini



Lemon



Coriander



Veggie Stock  
Concentrate



## START STRONG

Cover the salmon with aluminum foil while you cook the veggies to help it stay warm.

## BUST OUT

- Strainer
- Aluminum foil
- Large pan
- Olive oil (4 tsp | 8 tsp)
- Butter (1 TBSP | 2 TBSP)  
(Contains: Milk)

## INGREDIENTS

Ingredient 2-person | 4-person

- Butter Beans 1 Box | 2 Boxes
- Red Onion 1 | 1
- Garlic 2 Cloves | 4 Cloves
- Zucchini 1 | 2
- Lemon 1 | 2
- Cilantro ¼ oz | ¼ oz
- Sugar Snap Peas 4 oz | 8 oz
- Salmon 12 oz | 24 oz
- Dijon Mustard 1 tsp | 2 tsp
- Coriander 1 tsp | 2 tsp
- Veggie Stock Concentrate 1 | 2

## HELLO WINE

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### 1 PREP

Wash and dry all produce. Drain and rinse **butter beans**. Finely chop **onion**. Mince or grate **garlic**. Chop **zucchini** into ½-inch pieces. Halve **lemon**. Roughly chop **cilantro**.



### 4 WARM VEGGIES AND BEANS

Lower heat under pan to medium and add **garlic**. Cook until fragrant, about 30 seconds. Add **1 tsp mustard** (we sent more) and **coriander** and cook, stirring, another 30 seconds. Add **butter bean** and **veggie mixture**. Cook, tossing, until warmed through, 1-2 minutes. Season with **salt** and **pepper**.



### 2 COOK VEGGIES

Heat a large drizzle of **olive oil** in a large pan over medium-high heat. Add **onion** and cook, tossing, until softened, about 5 minutes. Add **snap peas** and **zucchini**. Cook until snap peas are tender but still crisp and zucchini has softened, about 3-4 minutes. Remove from pan and set aside.



### 5 MAKE SAUCE

Add **stock concentrate** and ¼ **cup water** to pan. Simmer until slightly reduced, about 3 minutes. Stir in half the **cilantro**.



### 3 COOK SALMON

Heat another large drizzle of **olive oil** in same pan. Season **salmon** all over with **salt** and **pepper**. Place in pan skin-side down. Cook until almost opaque in center, 2-3 minutes per side. Add **1 TBSP butter** to pan and juice of half the **lemon**. Spoon butter and lemon over salmon continuously until cooked through, 1-2 minutes. Remove salmon from pan and set aside.



### 6 PLATE AND SERVE

Divide **butter bean and veggie mixture** between plates, then top with **salmon**. Squeeze **lemon** over plates and sprinkle with remaining **cilantro**.

## COOL BEANS!

The veggie and bean salad also makes a great stand-alone side dish.

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