



# Smart Creamy Chive and Horseradish Salmon with Warm Veggie Medley

Smart Meal 30 Minutes

Customized Protein

+ Add

Swap

or

x2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

Swap



Shrimp  
285 g | 570 g

Double



Salmon Fillets,  
skin-on  
500 g | 1000 g



Salmon Fillets,  
skin-on  
250 g | 500 g



Red Potato  
300 g | 600 g



Baby Spinach  
28 g | 56 g



Green Beans  
170 g | 340 g



Radish  
2 | 4



Chives  
7 g | 7 g



Mayonnaise  
2 tbsp | 4 tbsp



Creamy  
Horseradish  
Sauce  
1 tbsp | 2 tbsp



Whole Grain  
Mustard  
1 tbsp | 2 tbsp



Seasoned Rice  
Vinegar  
1 tbsp | 2 tbsp



**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.  
*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

**Pantry items** | Oil, sugar, salt, pepper

**Cooking utensils** | 2 baking sheets, large bowl, measuring spoons, paper towels, parchment paper, small bowl

1



### Prep and roast potatoes

- Before starting, preheat the oven to 450 °F.
- Wash and dry all produce.
- Line a baking sheet with parchment paper.
- Remove brown spots from **potatoes**, then cut into ¼-inch rounds.
- To the prepared baking sheet, add **potatoes** and ½ **tbsp** (1 **tbsp**) **oil**. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **bottom** of the oven for 20-24 min, flipping halfway through, until tender and golden.

2



### Finish prep

- Thinly slice **radishes**.
- Thinly slice **chives**.
- Trim **green beans**, then cut in half.
- Line another baking sheet with parchment paper.
- To one side of the prepared baking sheet, add **green beans**, and ½ **tbsp** (1 **tbsp**) **oil**. Season with **salt** and **pepper**, then toss to coat.

3



### Roast salmon and green beans

×2 Double | **Salmon Fillets, skin-on**

🔄 Swap | **Shrimp**

- Pat **salmon** dry with paper towels, then season with **salt** and **pepper**.
- Arrange **salmon** on baking sheet beside **beans**. Drizzle ½ **tbsp** (1 **tbsp**) **oil** over top.
- Roast in the middle of the oven for 8-12 min, until **beans** are tender crisp and **salmon** is cooked through. (**NOTE:** for 4 servings, use two baking sheets and roast in the top and middle of the oven, rotating sheets halfway through.)

4



### Make dressing and creamy horseradish sauce

- Meanwhile, to a large bowl, add **vinegar**, **half the mustard** and ½ **tsp** (1 **tsp**) **sugar**. Season with **salt** and **pepper**, then stir to combine. This is your **veggie-medley dressing**.
- To a small bowl add **mayo**, **creamy horseradish sauce**, **remaining mustard** and **half the chives**. Season with **salt** and **pepper**, then stir to combine. This is your **finishing sauce**.

5



### Finish warm veggie medley

- To the bowl with **dressing**, add **potatoes**, **green beans**, **radish** and **spinach**. Toss to combine.

6



### Finish and serve

- Divide **spinach** between plates.
- Top with **veggies**, **salmon** and **creamy chive-horseradish sauce**.
- Sprinkle **remaining chives** over top.

**Measurements within steps** | **1 tbsp** (2 **tbsp**) **oil**  
2-serving 4-serving Ingredient

### For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

### 3 | Roast shrimp and green beans

🔄 Swap | **Shrimp**

If you've opted for **shrimp**, while **beans** roast, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**. Once **beans** have begun to turn golden, remove from the oven. Add **shrimp** and ½ **tbsp** (1 **tbsp**) **oil** beside **beans**. Toss to coat. Roast for 4-6 min in the **middle** of the oven, until **beans** are tender and **shrimp** is cooked through.\*\*

### 3 | Roast salmon and green beans

×2 Double | **Salmon Fillets, skin-on**

If you've opted for **double salmon**, prep and cook in the same way the recipe instructs you to prep and cook the **regular portion of salmon**. (**NOTE:** Use two baking sheets and roast in the top and middle of the oven, rotating sheets halfway through.)

\*\* Cook salmon to a minimum internal temperature of 158°F, as size may vary, and cook shrimp to a minimum internal temperature of 165°F, as size may vary.