

Bacon-Wrapped Salmon

with Tarragon Cream and Green Beans

Discovery Special

Spicy

30 Minutes



Salmon Fillets, skinless



Bacon Strips



Lemon-Pepper Seasoning



Russet Potato



Mayonnaise



Sour Cream



Tarragon



Dijon Mustard



Lemon



Green Beans



Garlic, cloves

HELLO TARRAGON

This herb used in French cuisine has a subtle licorice flavour!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Garlic Guide for Step 5 (dbl for 4 ppl):

- Mild: ½ tsp
- Medium: ¼ tsp
- Extra: ½ tsp

Bust out

Baking sheet, medium bowl, measuring spoons, parchment paper, measuring cups, paper towels, large non-stick pan

Ingredients

	2 Person	4 Person
Salmon Fillets, skinless	250 g	500 g
Bacon Strips	100 g	200 g
Lemon-Pepper Seasoning 🍋	1 tbsp	2 tbsp
Russet Potato	460 g	920 g
Mayonnaise	4 tbsp	8 tbsp
Sour Cream	3 tbsp	6 tbsp
Tarragon	7 g	14 g
Dijon Mustard	1 tbsp	2 tbsp
Lemon	1	2
Green Beans	170 g	340 g
Garlic, cloves	2	4
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

**Cook bacon and salmon to minimum internal temperatures of 71°C/160°F and 70°C/158°F, respectively.

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.

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Roast potato wedges

Cut **potatoes** into ½-inch wedges. Add **potatoes**, **Lemon-Pepper Seasoning** and **1 tbsp oil** to a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet. Roast in the middle and the top of the oven, rotating sheets halfway through.) Season with **salt**, then toss to coat. Roast in the **middle** of the oven, flipping halfway through, until golden-brown, 25-28 min.



Cook green beans

While **salmon** roasts, heat the same pan over medium-high. When hot, add **green beans** and **¼ cup water**. Season with **salt** and **pepper**. Cook, stirring occasionally, until **water** evaporates, 4-5 min. Add **1 tbsp butter** (dbl for 4 ppl) and **half the garlic**. Cook, stirring often, until **green beans** are tender-crisp, 1-2 min.



Prep

While **potatoes** roast, trim, then halve **green beans**. Peel, then mince or grate **garlic**. Juice **half the lemon**, then cut **remaining lemon** into wedges. Strip **tarragon leaves** from stems, then finely chop. Pat **bacon** and **salmon** dry with paper towels. Season **salmon** with **salt** and **pepper**.



Make tarragon cream

While **green beans** cook, add **mayo**, **sour cream**, **tarragon**, **Dijon**, **remaining garlic** and **1 tsp lemon juice** (dbl for 4 ppl) to a medium bowl. (**NOTE:** Reference garlic guide.) Season with **salt**, then stir to combine.



Cook salmon

Heat a large non-stick pan over medium-high heat. While the pan heats, wrap **2 bacon strips** around **each piece of salmon**. (**TIP:** Overlapping strips by ½-inch helps keep bacon on salmon!) Carefully add **salmon** to the hot dry pan. Sear until **bacon** is golden-brown, 3-4 min per side. Remove the baking sheet with **wedges** from the oven. Move **potato wedges** to one side of the baking sheet, then arrange **salmon** on the other side. Drizzle **bacon fat** from the pan over **wedges**. Roast **salmon** and **wedges** in the **middle** of the oven until **salmon** is cooked through, 8-10 min. **** (NOTE:** For 4 ppl, divide salmon between the 2 baking sheets with wedges.) Carefully wipe the pan clean.



Finish and serve

Add any **remaining lemon juice** to the pan with **green beans**, then toss to coat. Divide **salmon**, **potato wedges** and **green beans** between plates. Dollop **some tarragon cream** over **salmon**. Serve **remaining tarragon cream** on the side for dipping. Squeeze over a **lemon wedge**, if desired.

Dinner Solved!