



BBQ Spiced Salmon

with Green Bean and Apple Salad

Quick

30 Minutes



Salmon Fillets,
skinless



Spring Mix



Almonds, sliced



Green Beans



Granny Smith Apple



White Wine Vinegar



BBQ Seasoning

HELLO BBQ SEASONING

This spice is the perfect blend of sweet, savoury and smoky!

Start here

- Before starting, preheat your broiler to high.
- Wash and dry all produce.

Bust Out

Baking sheet, measuring spoons, aluminum foil, large bowl, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Salmon Fillets, skinless	285 g	570 g
Spring Mix	113 g	227 g
Almonds, sliced	28 g	56 g
Green Beans	170 g	340 g
Granny Smith Apple	1	2
White Wine Vinegar	1 tbsp	2 tbsp
BBQ Seasoning	1 tbsp	2 tbsp
Sugar*	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 70°C/158°F, as size may vary.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen 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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Broil green beans

Trim, then cut **green beans** into 1-inch pieces. Toss **green beans** with **½ tbsp oil** (dbl for 4 ppl) on a foil-lined baking sheet. Broil in the **middle** of the oven, until tender-crisp, 4-5 min.



Prep

While the **green beans** broil, core, then cut the **apple** into ¼-inch pieces. Pat the **salmon** dry with paper towels, then sprinkle with the **BBQ Seasoning** and season with **salt**.



Make dressing

Whisk together the **vinegar**, **½ tsp sugar** and **2 tbsp oil** (dbl both for 4 ppl) in a large bowl. Add the **apples** and toss to coat. Set aside.



Toast almonds

Heat a large non-stick pan over medium heat. Add the **almonds** to the dry pan. Toast, stirring often, until golden-brown, 4-5 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer to a plate.



Cook salmon

Heat the same pan over high. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **salmon**. Pan-fry, until 'blackened' or dark golden-brown and cooked through, 3-4 min per side.**



Finish and serve

Add **green beans** and **spring mix** to the bowl with the **apples** and **dressing**. Toss to coat. Divide **salad** between plates and top with **BBQ spiced salmon**. Sprinkle **toasted almonds** over top.

Dinner Solved!