



Cal Smart Tomato Poached Salmon with Cannellini Beans and Olives

Calorie Smart

25 Minutes



Salmon Fillets,
skinless



Mixed Olives



Vegetable Broth
Concentrate



Feta Cheese,
crumbled



Carrot



Harissa Spice Blend



Baby Spinach



Cannellini Beans



Garlic, cloves



Tomato Sauce Base

HELLO HARISSA SPICE BLEND

This fragrant chili pepper seasoning is commonly used in North African cuisine!

Start here

Before starting, wash and dry all produce.

Bust out

Vegetable peeler, measuring spoons, strainer, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Salmon Fillets, skinless	250 g	500 g
Harissa Spice Blend	1 tbsp	2 tbsp
Mixed Olives	30 g	60 g
Baby Spinach	56 g	113 g
Vegetable Broth Concentrate	1	2
Cannellini Beans	398 ml	796 ml
Feta Cheese, crumbled	¼ cup	½ cup
Garlic, cloves	1	2
Carrot	170 g	340 g
Tomato Sauce Base	2 tbsp	4 tbsp
Unsalted Butter*	1 tbsp	2 tbsp
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 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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1 Prep

Peel, then mince or grate **garlic**. Drain **olives**, reserving **brine**, then finely chop. Peel, then quarter **carrot** lengthwise, then cut into ¼-inch pieces. Using a strainer, drain and rinse **cannellini beans**. Pat **salmon** dry with paper towels. Season with **salt**, **pepper** and **half the Harissa Spice Blend**.



4 Cook spinach

Add **spinach** to the pan. Cook, stirring often, until **spinach** starts to wilt, 1-2 min.



2 Cook aromatics

Heat a large non-stick pan over medium-high heat. When hot, add **2 tsp oil** (dbl for 4 ppl), then **garlic**. Cook, stirring often, until fragrant, 30 sec. Add **carrots**, **tomato sauce base** and **remaining Harissa Spice Blend**. Cook, stirring, often, until fragrant, 1 min.



5 Poach salmon

Push **beans** and **veggies** aside in the pan, then add **salmon**. Cover and poach, flipping halfway, until **salmon** is cooked through, 5-6 min.** Season with **salt** and **pepper**, to taste. Add **1 tbsp butter** (dbl for 4 ppl) to the pan, then stir gently to melt.



3 Cook cannellini beans and veggies

Add **cannellini beans**, **olives**, **reserved olive brine**, **broth concentrate** and **1 ¼ cups water** (dbl for 4 ppl) to the pan with **carrots**. Season with **salt** and **pepper**, then stir. Bring to a boil over high heat. Once boiling, reduce heat to medium. Cover and cook, stirring occasionally, until **carrots** soften slightly, 4-6 min.



6 Finish and serve

Divide **beans and veggies** between plates. Place **salmon** on top, then spoon **sauce** from the pan over **salmon**. Sprinkle **feta** over top.

Dinner Solved!