



Cal Smart Tomato Poached Salmon with Cannellini Beans and Olives

Calorie Smart

Quick

25 Minutes



Salmon Fillets, skin-on



Harissa Spice Blend



Mixed Olives



Baby Spinach



Vegetable Broth Concentrate



Cannellini Beans



Feta Cheese, crumbled



Garlic, cloves



Carrot



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, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Salmon Fillets, skin-on	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.

Contact

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

    @HelloFreshCA



Prep

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



Cook spinach

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



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.



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.** (**TIP:** Add ¼ cup water [dbl for 4 ppl] if the poaching liquid reduces too much.) Add **1 tbsp butter** (dbl for 4 ppl) to the pan, then stir gently to melt. Season with **salt** and **pepper**, to taste.



Cook beans and veggies

Add **cannellini beans**, including **liquid, olives, broth concentrate** and **1 cup 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.



Finish and serve

Carefully remove and discard salmon skin, if desired. Divide **beans and veggies** between plates. Place **salmon** on top, then spoon **sauce** from the pan over **salmon**. Sprinkle **feta** over top.

Dinner Solved!