



Cornmeal Crusted Salmon

with Potato Rounds and Garlicky Beans

Quick

30 Minutes



Salmon Fillets,
skinless



Cornmeal



Mayonnaise



Green Beans



Dill



Sour Cream



Shallot



Garlic



Yellow Potato



White Wine Vinegar



Parsley

HELLO CORNMEAL CRUSTED

Make a restaurant-worthy meal in your own kitchen!

Start here

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

Bust Out

Baking sheet, measuring spoons, shallow dish, silicone brush, aluminum foil, parchment paper, small bowl, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Salmon Fillets, skinless	285 g	570 g
Cornmeal	¼ cup	½ cup
Mayonnaise	¼ cup	½ cup
Green Beans	170 g	340 g
Dill	7 g	14 g
Sour Cream	6 tbsp	12 tbsp
Shallot	50 g	100 g
Garlic	3 g	6 g
Yellow Potato	360 g	720 g
White Wine Vinegar	1 tbsp	2 tbsp
Parsley	7 g	14 g
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 70°C/158°F

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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1



Roast potato rounds

Cut **potatoes** into ¼-inch rounds, then toss **potato rounds** with **1 tbsp oil** (dbl for 4 ppl) on a parchment-lined baking sheet. Season with **salt** and **pepper**. Arrange in a single layer. Roast in the **middle** of the oven, until golden-brown, 25-28 min.

2



Prep

While the **potato** roast, peel, then mince or grate **garlic**. Peel, then cut **shallot** into ¼-inch slices. Finely chop **parsley**. Finely chop **dill**. Trim **green beans**. Pat **salmon** dry with paper towels.

3



Coat salmon

Combine **cornmeal**, **½ tsp salt** and **½ tsp pepper** (dbl both for 4 ppl) in a shallow dish. Brush **1 tbsp mayo** (dbl for 4 ppl) all over **salmon**. Add **salmon** to **cornmeal mixture** and turn to coat all sides.

4



Cook green beans

Add **1 tbsp oil** and **2 tbsp water** (dbl both for 4 ppl) to a large non-stick pan. Bring to a simmer over medium-high heat, then add **green beans**, **garlic** and **shallots**. Cook, stirring occasionally, until **green beans** are tender-crisp, 6-7 min. Season with **salt** and **pepper**. Transfer **green bean** to a plate and cover with foil to keep warm.

5



Cook salmon and make herby mayo

Heat the same pan over medium. When hot add **1 tbsp oil** (dbl for 4 ppl), then **salmon**. Pan-fry, 3-4 min per side, until golden-brown and cooked through. ** While the **salmon** cooks, stir together **sour cream**, **vinegar**, **parsley**, **half the dill** and **remaining mayo** in a small bowl. Season with **salt** and **pepper**. Set aside.

6



Finish and serve

Divide **salmon**, **potatoes** and **green beans** between plates. Sprinkle the **remaining dill** over top of the **salmon**. Serve **herby mayo** on the side, for dipping.

Dinner Solved!