



Lemon Tarragon Salmon

with Green Bean Amandine

Calorie Smart

30 Minutes



Salmon Fillets,
skinless



Green Beans



Tarragon



Lemon



Almonds, sliced



Onion, chopped



Garlic



Spring Mix

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.

Bust Out

Baking sheet, colander, microplane/zester, medium non-stick pan, measuring spoons, aluminum foil, spatula, measuring cups, large pot, paper towels

Ingredients

	2 Person	4 Person
Salmon Fillets, skinless	250 g	500 g
Green Beans	340 g	680 g
Tarragon	7 g	14 g
Lemon	1	2
Almonds, sliced	28 g	56 g
Onion, chopped	56 g	113 g
Garlic	6 g	12 g
Spring Mix	56 g	113 g
Unsalted Butter*	3 tbsp	6 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 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.

Calorie Smart (650kcal or less) is based on a per serving calculation of the recipe's kilocalorie amount.

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Prep

Zest, then juice **lemon**. Trim **green beans**. Peel, then mince or grate **garlic**. Roughly chop **tarragon**.



Cook beans

Add **8 cups water** and **½ tsp salt** to a large pot. (**NOTE:** Use same for 4 ppl.) Cover and bring to a boil over high heat. Add **green beans** to the boiling **water**. Cook, stirring occasionally, until tender-crisp, 1-2 min. Drain and return to the same pot, off heat. Season with **salt** and **pepper**.



Cook salmon

While **green beans** cook, pat **salmon** dry with paper towels. Arrange **salmon** on a lightly oiled, foil-lined baking sheet then brush each **fillet** with **½ tsp oil**. Season with **salt** and **pepper**. Sprinkle over **lemon zest** and **tarragon**. Bake in the **middle** of the oven, until **salmon** is cooked through, 10-12 min.**



Make amandine sauce

While **salmon** bakes, heat a medium non-stick pan over medium. When hot, add **3 tbsp butter** (dbl for 4 ppl). Season with **salt** and **pepper**. Cook, stirring often, until **butter** and is browned, 5-7 min. Add **almonds, garlic** and **onions** to pan. Cook until fragrant, 2-3 min. Remove from heat. Carefully stir in **lemon juice** and **¼ cup water** (dbl for 4 ppl), until fully incorporated. Toss in **green beans** to coat. Season with **salt** and **pepper**.



Finish and serve

Divide **spring mix** between plates. Top with **green beans**, then **salmon**. Drizzle **remaining amandine sauce** over top.

Dinner Solved!