



Old Bay-Rubbed Salmon

with Roasted Veggies and DIY Dill Ranch

Family Friendly

35 Minutes



Salmon Fillets,
skin-on



Sweet Potato



Mayonnaise



White Wine Vinegar



Old Bay Seasoning



Garlic, cloves



Green Beans



Sour Cream



Dill

HELLO OLD BAY SEASONING

The perfect combination of spices and seasoning to make your seafood dinners pop!

Start here

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

Bust out

2 Baking sheets, measuring spoons, aluminum foil, parchment paper, small bowl, whisk, paper towels

Ingredients

	2 Person	4 Person
Salmon Fillets, skin-on	250 g	500 g
Sweet Potato	340 g	680 g
Mayonnaise	2 tbsp	4 tbsp
White Wine Vinegar	½ tbsp	1 tbsp
Old Bay Seasoning	½ tbsp	1 tbsp
Garlic, cloves	1	2
Green Beans	170 g	340 g
Sour Cream	3 tbsp	6 tbsp
Dill	7 g	7 g
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 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

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Roast sweet potatoes

Cut **sweet potatoes** into ¼-inch matchsticks. Add **sweet potatoes**, **½ tsp Old Bay Seasoning** and **1 tbsp oil** to a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 parchment-lined baking sheets, with ½ tsp Old Bay Seasoning and 1 tbsp oil per sheet.) Season with **salt** and **pepper**, then toss to coat. Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 22-24 min. (**NOTE:** For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway through.)



Roast salmon and green beans

Pat **salmon** dry with paper towels, then sprinkle **1 tsp Old Bay Seasoning** (dbl for 4 ppl) all over. Arrange **salmon** on the other side of the baking sheet with **green beans**. Roast in the **top** of the oven until **salmon** is almost cooked through, 3-4 min. (**NOTE:** Salmon will finish cooking in step 5.)



Make DIY dill ranch

While **sweet potatoes** roast, finely chop **dill**. Peel, then mince or grate **garlic**. Add **sour cream**, **mayo**, **half the vinegar** (use all for 4 ppl), **half the dill**, **¼ tsp garlic** and **½ tsp sugar** (dbl both for 4 ppl) to a small bowl. Season with **salt** and **pepper**, then whisk to combine.



Finish salmon and green beans

When **salmon** is almost cooked through, turn the broiler to high. Broil **salmon** and **green beans** in the **middle** of the oven until **green beans** are tender and **salmon** is golden and cooked through, 2-3 min.**



Prep green beans

Trim **green beans**, if needed. Add **green beans**, **remaining garlic** and **½ tbsp oil** (dbl for 4 ppl) to one side of a foil-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.



Finish and serve

Divide **salmon**, **green beans** and **sweet potatoes** between plates. Sprinkle **remaining dill** over **salmon**. Serve **DIY dill ranch** on the side for dipping.

Dinner Solved!