



# OVEN-BAKED SALMON

with Parsley Pistou and Tarragon-Garlic Peas

MAKE  
FIRST

PRONTO



HELLO

## PARSLEY PISTOU

Traditionally made with fresh basil, our twist on the classic pistou is made with parsley



Salmon Fillets,  
skin-on



Garlic



Parsley



Green Peas



Lemon



Spring Mix



Tarragon

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 520

## BUST OUT

- Aluminum Foil
- Garlic Press
- Measuring Spoons
- Zester
- Medium Bowl
- Paper Towel
- Baking Sheet
- Potato Masher
- Whisk
- Small Bowl
- Small Pot
- Butter **2 (1 tbsp)**
- Salt and Pepper
- Olive or Canola oil

## INGREDIENTS

2-person | 4-person

- |                                    |       |  |       |
|------------------------------------|-------|--|-------|
| • Salmon Fillets, skin-on <b>0</b> | 285 g |  | 570 g |
| • Garlic                           | 10 g  |  | 20 g  |
| • Parsley                          | 10 g  |  | 20 g  |
| • Green Peas                       | 227 g |  | 454 g |
| • Lemon                            | 1     |  | 2     |
| • Spring Mix                       | 56 g  |  | 113 g |
| • Tarragon                         | 10 g  |  | 10 g  |

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- |                               |                                  |
|-------------------------------|----------------------------------|
| <b>0</b> Seafood/Fruit de Mer | <b>6</b> Mustard/Moutarde        |
| <b>1</b> Wheat/Blé            | <b>7</b> Peanut/Cacahuète        |
| <b>2</b> Milk/Lait            | <b>8</b> Sesame/Sésame           |
| <b>3</b> Egg/Oeuf             | <b>9</b> Sulphites/Sulfites      |
| <b>4</b> Soy/Soja             | <b>10</b> Crustacean/Crustacé    |
| <b>5</b> Tree Nut/Noix        | <b>11</b> Shellfish/Fruit de Mer |

\*Laver et sécher tous les aliments.

\*\*Cuire jusqu'à une température interne minimale de 70°C/158°F.



## START STRONG

Preheat the oven to **425°F** (to bake the salmon). Start prepping when the oven comes up to temperature!



**1 PREP**  
**Wash and dry all produce.\*** Finely chop the **parsley**. Finely chop **1 tbsp tarragon leaves** (dbl for 4 ppl). Mince or grate the **garlic**. Zest, then juice **half the lemon** (1 lemon for 4 ppl). Cut the **remaining** lemon into wedges.



**4 COOK PEAS**  
Heat a small pot over medium heat, then add **1 tbsp butter** (dbl for 4 ppl) and **remaining garlic**. Swirl the pan and cook until the garlic is fragrant, 1 min. Add the **peas** and **1 tbsp water** (dbl for 4 ppl). Cook until warmed through, 1-2 min. Remove the pan from the heat.



**2 BAKE SALMON**  
Pat the **salmon** dry with paper towels, then season with **salt** and **pepper**. On a foil-lined baking sheet, arrange the fish fillets with **1 tbsp oil** (dbl for 4 ppl). Season with **salt** and **pepper**. Bake in the centre of the oven, until the fish is opaque in the centre and cooked through, 6-8 min. (**TIP:** Cook to a minimum internal temp of 70°C/158°F, as size may vary.\*\*)



**5 MASH PEAS**  
Using a potato masher, lightly mash the **peas**. Add the **tarragon** and **1 tsp lemon zest** (dbl for 4 ppl). Season with **salt** and **pepper**. In a medium bowl, whisk together **2 tsp lemon juice** (dbl for 4 ppl) and **2 tsp oil** (dbl for 4 ppl). Set aside.



**3 MAKE PISTOU**  
Meanwhile, in a small bowl, stir together the **parsley**, **half the garlic**, **1 tbsp lemon juice** (dbl for 4 ppl) and **2 tbsp oil** (dbl for 4 ppl). Season with **salt** and **pepper**. Set aside.



**6 FINISH AND SERVE**  
Add the **spring mix** to the medium bowl with the **lemon vinaigrette**. Season with **salt** and **pepper**. Divide the **salmon**, **mashed peas** and **salad** between plates. Spoon the **parsley pistou** over the salmon.

## HEALTHY!

Low-protein salmon is also full of heart-healthy omega-3 fatty acids!