



Pan-Seared Greek-Style Salmon

with Roasted Potatoes and Yogurt Sauce

Family Friendly 30 Minutes



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Salmon Fillets,
skin-on



Double Salmon Fillets,
skin-on



Yellow Potato



Lemon-Pepper
Seasoning



Yogurt Sauce



Green Beans



Lemon



Dill

CUSTOM RECIPE

This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

HELLO LEMON-PEPPER SEASONING

A peppery spice blend with zippy lemon and zesty garlic!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

Baking sheet, measuring spoons, measuring cups, zester, parchment paper, large non-stick pan, paper towels

Ingredients

| | 2 Person | 4 Person |
|--------------------------------|----------|----------|
| Salmon Fillets, skin-on | 250 g | 500 g |
| Double Salmon Fillets, skin-on | 500 g | 1000 g |
| Yellow Potato | 350 g | 700 g |
| Lemon-Pepper Seasoning | 1 tbsp | 1 tbsp |
| Yogurt Sauce | 45 ml | 90 ml |
| Green Beans | 170 g | 340 g |
| Lemon | 1 | 1 |
| Dill | 7 g | 7 g |
| 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.



Roast potatoes

- Cut **potatoes** into ¼-inch wedges.
- Add **potatoes** and **1 tbsp oil** to a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets, with 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 golden-brown, 25-28 min. (**NOTE:** For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway through.)



Pan-fry salmon

- When **green beans** are tender-crisp, transfer to a plate, then cover to keep warm. Set aside.
- Add ½ **tbsp** (1 tbsp) **oil** to the same pan, then **salmon**, skin-side down.
- Pan-fry until **skin** is crispy, 4-5 min. Flip and cook until **salmon** is cooked through, 3-4 min.**



Prep

- Meanwhile, trim **green beans**, then halve.
- Zest **half the lemon** (whole lemon for 4 ppl). Cut **remaining lemon** into wedges.
- Roughly chop **dill**.



Cook beans and prep salmon

- Heat a large non-stick pan over medium-high heat.
- When hot, add **green beans**, **1 tbsp** (2 tbsp) **oil** and ¼ **cup** (½ cup) **water**. Cook, stirring occasionally, until water evaporates, 4-5 min.
- Season with **salt** and **pepper**, then toss with **lemon zest** and **half the dill**.
- While **green beans** cook, pat **salmon** dry with paper towels. Sprinkle with ½ **tbsp** (1 tbsp) **Lemon-Pepper Seasoning** and season with **salt**.

If you've opted for **double salmon**, prepare and cook it in the same way the recipe instructs you to prepare and cook the regular portion of **salmon**. Work in batches, if necessary.



Finish and serve

- Divide **roasted potatoes**, **green beans** and **salmon** between plates.
- Sprinkle **remaining dill** over **salmon**.
- Dollop with **yogurt sauce** and squeeze a **lemon wedge** over top, if desired.

Dinner Solved!



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