

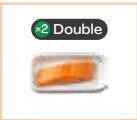


Pan-Seared Greek-Style Salmon

with Roasted Potatoes and Yogurt Sauce

Family Friendly

25-35 Minutes



Salmon Fillets, skin-on
500 g | 1000 g

Customized Protein

+ Add

Swap

or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Salmon Fillets, skin-on
250 g | 500 g



Yellow Potato
350 g | 700 g



Lemon-Pepper Seasoning
½ tbsp | 1 tbsp



Yogurt Sauce
3 tbsp | 6 tbsp



Green Beans
170 g | 340 g



Lemon
1 | 1



Dill-Garlic Spice Blend
½ tsp | 1 tsp

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.

Pantry items | Oil, salt, pepper

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

1



Roast potatoes

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

2



Prep

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

3



Cook beans and prep salmon

- Heat a large non-stick pan over medium-high heat.
- When the pan is 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 ½ **tsp** (1 tsp) **Dill-Garlic Spice Blend**.
- While **green beans** cook, pat **salmon** dry with paper towels.
- Sprinkle with ½ **tbsp** (1 tbsp) **Lemon-Pepper Seasoning** and season with **salt**.

4



Pan-fry salmon

×2 Double | Salmon Fillets

- 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.**

5



Finish and serve

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

Measurements
within steps

1 **tbsp** (2 **tbsp**) **oil**
2 person 4 person Ingredient

4 | Pan-fry salmon

×2 Double | Salmon Fillets

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

** Cook to a minimum internal temperature of 70°C/158°F, as size may vary.



Issue with your meal? Scan the QR code to share your feedback.