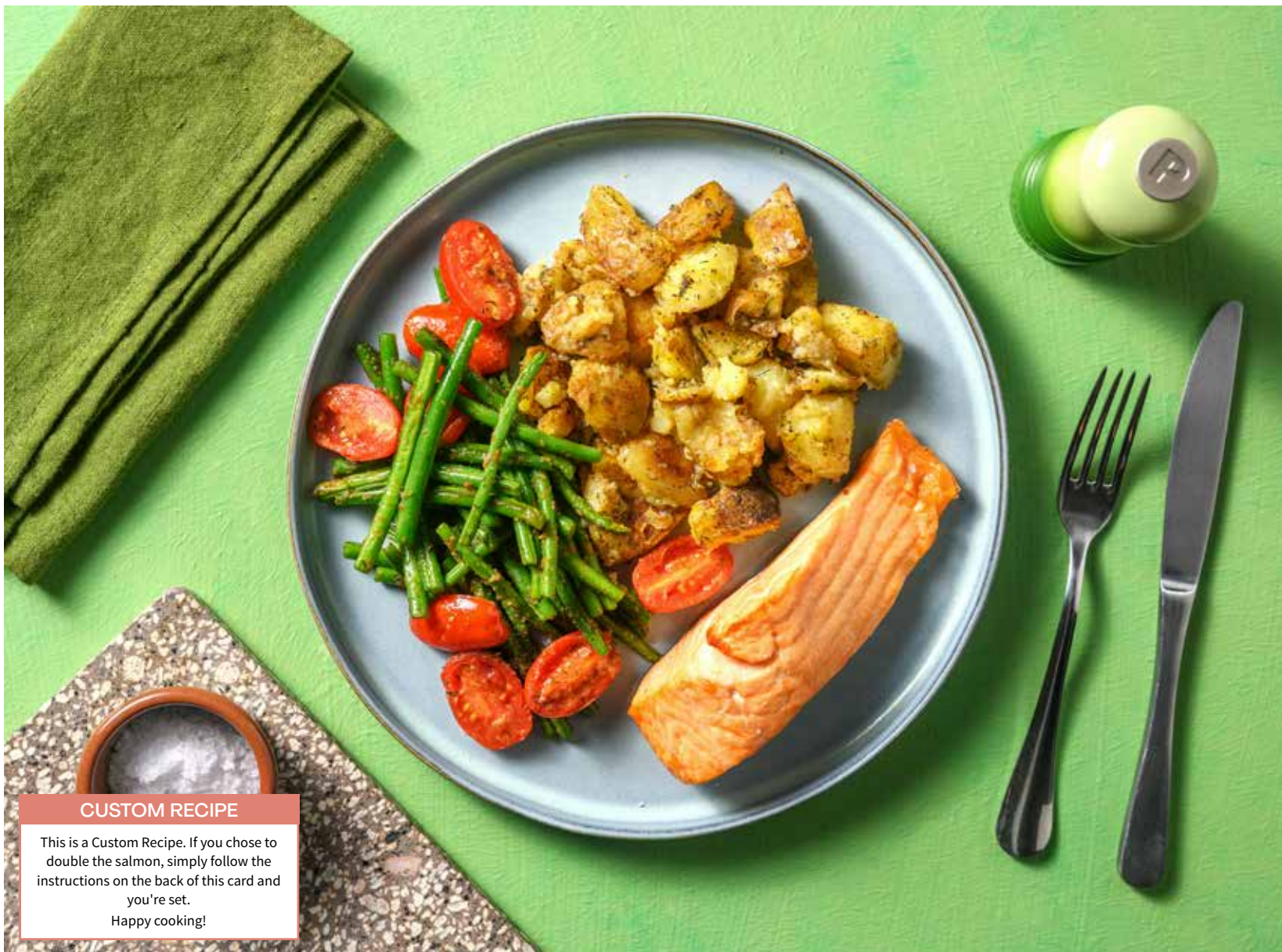




Roasted Salmon

with Crispy Potatoes, Burst Tomatoes and Green Beans

30 Minutes



Salmon



Double Salmon



Yellow Potato



Green Beans



Baby Tomatoes



Garlic Puree



Dill-Garlic Spice Blend

CUSTOM RECIPE

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

Happy cooking!

HELLO CRISPY POTATOES

Boiling potatoes removes the starch, making them crispier when pan-fried!

Start here

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

Bust out

Baking sheet, colander, measuring spoons, aluminum foil, spatula, large pot, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Salmon	250 g	500 g
Double Salmon	500 g	1000 g
Yellow Potato	360 g	720 g
Green Beans	170 g	340 g
Baby Tomatoes	113 g	227 g
Garlic Puree	1 tbsp	2 tbsp
Dill-Garlic Spice Blend	1 tsp	2 tsp
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum 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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1



Boil potatoes

- Cut **potatoes** into 1-inch pieces.
- Add **potatoes**, **2 tsp salt** and **enough water** to cover (by approx. 1 inch) to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium. Simmer uncovered until fork-tender, 10-12 min.
- Drain and return **potatoes** to the same pot, off heat.

4



Cook veggies

- Meanwhile, heat a large non-stick pan over medium heat.
- When hot, add **green beans** and **3 tbsp water** (dbl for 4 ppl). Cook, stirring occasionally, until **water** is absorbed and **green beans** are tender-crisp, 3-4 min.
- Add **1 tbsp butter** (dbl for 4 ppl), **tomatoes** and **garlic puree**. Cook, stirring occasionally, until **tomatoes** start to soften and burst, 3-4 min.
- Transfer **veggies** to a plate. Stir in **remaining Dill-Garlic Spice Blend**, then season with **salt** and **pepper**, to taste. Cover to keep warm. Carefully wipe the pan clean.

2



Prep

- Meanwhile, halve **tomatoes**.
- Trim **green beans**.
- Line a baking sheet with foil, then lightly **oil**.
- Pat **salmon** dry with paper towels.

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**.

5



Crisp potatoes

- Heat the same pan over high.
- When hot, add **2 tbsp oil** and **1 tbsp butter**. (**NOTE:** For 4 ppl, cook in batches using 2 tbsp oil and 1 tbsp butter per batch.)
- Add **potatoes** and press down with a spatula to lightly flatten. Cook until golden-brown and crispy, 2-3 min per side.

3



Roast salmon

- Arrange **salmon** on the prepared baking sheet, skin-side down.
- Season with **salt**, **pepper** and **half the Dill-Garlic Spice Blend**. Drizzle **½ tbsp oil** (dbl for 4 ppl) over top.
- Roast in the **middle** of the oven until **salmon** is opaque in the centre and cooked through, 10-12 min.**

6



Finish and serve

- Season **crispy potatoes** with **salt** and **pepper**, to taste.
- Divide **roasted salmon**, **veggies** and **crispy potatoes** between plates.

Dinner Solved!