

Roasted Salmon

with Crispy Potatoes, Burst Tomatoes and Green Beans

Quick

30 Minutes



Salmon Fillets



Yellow Potato



Green Beans



Baby Tomatoes



Garlic



Dill

HELLO CRISPY POTATOES

Boiling a potato 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, measuring spoons, colander, aluminum foil, spatula, large pot, paper towels, large non-stick pan, medium bowl

Ingredients

	2 Person	4 Person
Salmon Fillets	285 g	570 g
Yellow Potato	360 g	720 g
Green Beans	170 g	340 g
Baby Tomatoes	113 g	227 g
Garlic	6 g	12 g
Dill	7 g	7 g
Unsalted Butter*	2 tbsp	4 tbsp
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 our meal kit labels for the most current allergen 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

Share your photos #HelloFreshLife
Call or email us | (855) 272-7002
hello@hellofresh.ca
HelloFresh.ca



Boil potatoes

Cut **potatoes** into 1-inch pieces. Combine **potatoes**, **2 tsp salt** and enough **water** to cover (approx. 1 inch) in a large pot. (**NOTE:** Use the 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.



Cook veggies

While **salmon** roasts, heat a large non-stick pan over medium heat. When hot, add **1 tbsp butter** (dbl for 4 ppl) and swirl the pan to melt. Add **green beans, tomatoes and garlic**. Cook, stirring occasionally, until **tomatoes** start to soften and burst, 5-6 min. Transfer **veggies** to a medium bowl. Stir in **half the dill**, then season with **salt and pepper**. Cover and set aside.



Prep

While **potatoes** cook, halve **tomatoes**. Finely chop **1 tbsp dill** (dbl for 4 ppl). Trim **green beans**. Peel, then mince or grate **garlic**. Pat **salmon** dry with paper towels.



Crisp potatoes

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



Roast salmon

Add **salmon** to a lightly oiled foil-lined baking sheet. Drizzle with **1 tbsp oil** (dbl for 4 ppl), then season with **salt and pepper**. Roast in the **middle** of the oven, until **salmon** is opaque in the centre and cooked through, 6-8 min. **



Finish and serve

Season the **crispy potatoes** with **salt** and sprinkle with **remaining dill**. Divide the **roasted salmon, veggies and crispy potatoes** between plates.

Dinner Solved!