



Smart Lemon-Tarragon Salmon

with Green Bean Amandine

Carb Smart

Calorie Smart

30 Minutes



Salmon Fillets, skin-on



Green Beans



Tarragon



Lemon



Almonds, sliced



Yellow Onion



Garlic, cloves



Spring Mix



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HELLO TARRAGON

This herb used in French cuisine has a subtle licorice flavour!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

Baking sheet, colander, medium non-stick pan, measuring spoons, silicone brush, zester, aluminum foil, measuring cups, large pot, paper towels

Ingredients

	2 Person	4 Person
Salmon Fillets, skin-on	250 g	500 g
Green Beans	170 g	340 g
Tarragon	7 g	14 g
Lemon	1	2
Almonds, sliced	28 g	28 g
Yellow Onion	56 g	113 g
Garlic, cloves	2	4
Spring Mix	56 g	113 g
Unsalted Butter*	3 tbsp	6 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 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 Prep

- Zest, then juice **lemon**.
- Trim **green beans**.
- Peel, then cut **half the onion** into ¼-inch slices (whole onion for 4 ppl).
- Roughly chop **tarragon**.
- Peel, then mince or grate **garlic**.



4 Make amandine sauce

- Meanwhile, heat a medium non-stick pan over medium heat.
- When hot, add **3 tbsp butter** (dbl for 4 ppl). Season with **salt** and **pepper**. Cook, stirring often, until **butter** is browned, 5-7 min. (**TIP:** Keep an eye on butter so it doesn't burn!)
- Add **almonds, garlic** and **onions**. Cook, stirring often, until fragrant, 2-3 min.
- Remove the pan from heat. Carefully stir in **lemon juice** and **¼ cup water** (dbl for 4 ppl) until fully incorporated.
- Add **green beans**. Season with **salt** and **pepper**, to taste, then toss to coat.



2 Cook green beans

- Add **8 cups water** and **½ tsp salt** to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Add **green beans** to the **boiling water**. Cook, stirring occasionally, until tender-crisp, 1-2 min.
- Drain and return **green beans** to the same pot, off heat.



5 Finish and serve

- Carefully remove salmon skin, then discard.
- Divide **spring mix** between plates. Top with **green bean amandine** and **salmon**.
- Drizzle **any remaining amandine sauce** in the pan over top.

Dinner Solved!



3 Roast salmon

- Meanwhile, pat **salmon** dry with paper towels.
- Arrange **salmon** on a lightly-oiled, foil-lined baking sheet, skin-side down.
- Brush **each fillet** with **½ tsp oil**. Season with **salt** and **pepper**.
- Sprinkle with **lemon zest** and **tarragon**.
- Roast **salmon** in the **middle** of the oven until cooked through, 10-12 min.**