




# Walnut-Crusted Salmon

## with Bacon and Squash Salad

Discovery

35 Minutes



-  Salmon Fillets, skinless
-  Bacon Strips
-  Butternut Squash, cubes
-  Green Beans
-  Panko Breadcrumbs
-  Walnuts, chopped
-  Mayonnaise
-  Dill
-  Arugula and Spinach Mix
-  White Wine Vinegar
-  Dried Cranberries

HELLO WALNUTS

*Crushed and dusted for a crispy salmon crust!*

## Start here

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

## Bust out

2 Baking sheets, rolling pin, large bowl, parchment paper, 2 small bowls, whisk, large non-stick pan, paper towels, measuring spoons, silicone brush

## Ingredients

	2 Person	4 Person
Salmon Fillets, skinless	250 g	500 g
Bacon Strips	100 g	200 g
Butternut Squash, cubes	340 g	680 g
Green Beans	170 g	340 g
Panko Breadcrumbs	¼ cup	½ cup
Walnuts, chopped	28 g	56 g
Mayonnaise	4 tbsp	8 tbsp
Dill	7 g	14 g
Arugula and Spinach Mix	113 g	227 g
White Wine Vinegar	1 tbsp	2 tbsp
Dried Cranberries	¼ cup	½ cup
Sugar*	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook pork and fish to minimum internal temperatures of 74°C/165°F and 70°C/158°F, respectively.

## 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.*

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## Roast squash and bacon

Cut **bacon** crosswise into 1-inch strips. Add **squash, bacon** and **½ tsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**. Roast in the **middle** of the oven, stirring halfway through, until **squash** is golden-brown and **bacon** is cooked through, 18-22 min.\*\*



## Finish prep

While **salmon** bakes, finely chop **dill**. Trim, then halve **green beans**. Stir together **remaining mayo, dill** and **2 tsp water** (dbl for 4 ppl) in another small bowl. Whisk together **vinegar, 1 tbsp oil** and **½ tsp sugar** (dbl both for 4 ppl) in a large bowl. Season with **salt** and **pepper**.



## Make walnut crust

While **squash** roasts, open one side of the package with **walnuts**. Using a rolling pin or a heavy-bottomed pan, crush **walnuts** in their package (or finely chop if you prefer). Combine **walnuts, panko, ¼ tsp salt** and **1 tbsp oil** (dbl both for 4 ppl) in a small bowl.



## Cook beans

Heat a large non-stick pan over medium-high heat. When hot, add **green beans** and **3 tbsp water** (dbl for 4 ppl). Cook, stirring occasionally, until tender-crisp, 4-5 min. Add **1 tbsp oil** (dbl for 4 ppl). Cook, stirring often, until coated, 1 min. Season with **salt** and **pepper**.



## Crust and bake salmon

Pat **salmon** dry with paper towels. Season with **salt** and **pepper**. Transfer **salmon** to another parchment-lined baking sheet. Brush **½ tsp mayo** over the top of **each salmon fillet**. Top **salmon** with **walnut-panko mixture**, pressing down gently to adhere. Bake **salmon** in the **top** of the oven until cooked through, 12-14 min.\*\*



## Finish and serve

Add **green beans, dried cranberries** and **arugula and spinach mix** to the large bowl with **dressing**, then toss to combine. Divide **salad** between plates. Top with **squash, bacon** and **salmon**. Dollop **dill mayo** over **salmon**.

## Dinner Solved!