



# Cal Smart Tomato Poached Salmon

with Cannellini Beans and Olives

Calorie Smart

Quick

25 Minutes



Salmon Fillets,  
skin-on



Harissa Spice Blend



Mixed Olives



Baby Spinach



Vegetable Broth  
Concentrate



Cannellini Beans



Feta Cheese,  
crumbled



Garlic, cloves



Carrot



Tomato Sauce Base

## HELLO HARISSA SPICE BLEND

*This fragrant chili pepper seasoning is commonly used in North African cuisine!*

## Start here

Before starting, wash and dry all produce.

## Bust out

Vegetable peeler, measuring spoons, measuring cups, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Salmon Fillets, skin-on	250 g	500 g
Harissa Spice Blend	1 tbsp	2 tbsp
Mixed Olives	30 g	60 g
Baby Spinach	56 g	113 g
Vegetable Broth Concentrate	1	2
Cannellini Beans	398 ml	796 ml
Feta Cheese, crumbled	¼ cup	½ cup
Garlic, cloves	1	2
Carrot	170 g	340 g
Tomato Sauce Base	2 tbsp	4 tbsp
Unsalted Butter*	1 tbsp	2 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.

## Prep

Peel, then mince or grate **garlic**. Drain **olives**, then finely chop. Peel, then quarter **carrot** lengthwise, then cut into ¼-inch pieces. Pat **salmon** dry with paper towels. Season with **salt** and **pepper** and **half the Harissa Spice Blend**.

## 4



## Cook spinach

Add **spinach** to the pan. Cook, stirring often, until **spinach** starts to wilt, 1-2 min.

## Cook aromatics

Heat a large non-stick pan over medium-high heat. When hot, add **2 tsp oil** (dbl for 4 ppl), then **garlic**. Cook, stirring often, until fragrant, 30 sec. Add **carrots**, **tomato sauce base** and **remaining Harissa Spice Blend**. Cook, stirring, often, until fragrant, 1 min.

## 5



## Poach salmon

Push **beans and veggies** aside in the pan, then add **salmon**. Cover and poach, flipping halfway, until **salmon** is cooked through, 5-6 min.\*\* (TIP: Add ¼ cup water [dbl for 4 ppl] if the poaching liquid reduces too much.) Add **1 tbsp butter** (dbl for 4 ppl) to the pan, then stir gently to melt. Season with **salt** and **pepper**, to taste.

## Cook beans and veggies

Add **cannellini beans**, including **liquid**, **olives**, **broth concentrate** and **1 cup water** (dbl for 4 ppl) to the pan with **carrots**. Season with **salt** and **pepper**, then stir. Bring to a boil over high heat. Once boiling, reduce heat to medium. Cover and cook, stirring occasionally, until **carrots** soften slightly, 4-6 min.

## 6



## Finish and serve

Carefully remove and discard salmon skin, if desired. Divide **beans and veggies** between plates. Place **salmon** on top, then spoon **sauce** from the pan over **salmon**. Sprinkle **feta** over top.

**Dinner Solved!**

## Contact

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