



# PAN-SEARED WILD SOCKEYE SALMON

with Herbed Crème Fraîche, Green Beans Amandine, & Silky Mashed Potatoes



**HELLO**

**ALASKA SOCKEYE SALMON**  
 Always wild and sustainable, this premium quality salmon is unsurpassed in flavor, color, and texture, plus it cooks quickly.

*Wild, Natural & Sustainable\**

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 800

-  Wild Alaska Sockeye Salmon (Contains: Fish)
-  Chives
-  Green Beans
-  Seafood Stock Concentrate (Contains: Fish, Shellfish)
-  Lemon
-  Yukon Gold Potatoes
-  Garlic
-  Crème Fraîche (Contains: Milk)
-  Italian Seasoning
-  Almonds (Contains: Tree Nuts)

## START STRONG

When making your sauce in step 5, keep a spoon handy! Use it to taste between additions and adjust seasonings as needed. Your dish will be all the better for it.

## BUST OUT

- Large pan
- Small bowl
- Medium pot
- Strainer
- Potato masher
- Olive oil (4 tsp | 4 tsp)
- Butter (3 TBSP | 6 TBSP)  
(Contains: Milk)
- Baking sheet
- Paper towels
- Aluminum foil
- Kosher salt
- Black pepper

## INGREDIENTS

Ingredient **2-person** | **4-person**

- Yukon Gold Potatoes **12 oz** | **24 oz**
- Green Beans **6 oz** | **12 oz**
- Garlic **2 Cloves** | **4 Cloves**
- Lemon **1** | **2**
- Chives **¼ oz** | **½ oz**
- Almonds **1 oz** | **2 oz**
- Crème Fraîche **4 TBSP** | **8 TBSP**
- Wild Alaska Sockeye Salmon\* **10 oz** | **20 oz**
- Italian Seasoning **1 TBSP** | **1 TBSP**
- Seafood Stock Concentrate **1** | **2**

\* Salmon is fully cooked when internal temperature reaches 145 degrees.

## WINE CLUB

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# HelloFRESH



## 1 PREP & TOAST ALMONDS

Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry all produce.** Dice **potatoes** into ½-inch pieces. Trim **green beans**. Mince or grate **garlic**. Quarter **lemon**. Mince **chives**. Heat a large, dry pan over medium-high heat. Add **almonds** and cook, stirring often, until golden brown and toasted, 3-5 minutes. Turn off heat; transfer to a small bowl. Wipe out pan.



## 4 COOK FISH

Meanwhile, pat **salmon** dry with paper towels; season with **salt**, **pepper**, and half the **Italian Seasoning**. Heat a large drizzle of **olive oil** in pan used for almonds over medium-high heat. Add salmon skin sides down and cook until browned and slightly crisp, 3-4 minutes. Flip and cook until salmon is opaque and cooked through, 3-4 minutes more. Turn off heat. Transfer salmon to a plate; tent with foil to keep warm. Wash out pan.

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## 2 MAKE MASHED POTATOES

Place **potatoes** in a medium pot with enough **salted water** to cover by 2 inches. Bring to a boil and cook until tender, 15-20 minutes. Reserve **1 cup potato cooking liquid**, then drain well. Return potatoes to pot and mash until smooth. Stir in **1 TBSP butter** (2 TBSP for 4 servings), half the **crème fraîche**, and half the **chives**; season with **salt** and **pepper**. Keep covered off heat until ready to serve.



## 5 MAKE SAUCE

Melt **2 TBSP butter** (4 TBSP for 4 servings) in same pan over medium heat. Add **garlic** and a pinch of remaining **Italian Seasoning**; cook until garlic is fragrant, 1-2 minutes. Add **stock concentrate** and **¼ cup water** (½ cup for 4). Bring to a simmer and cook until slightly reduced, 2-3 minutes. Squeeze in **lemon juice** to taste. Remove pan from heat and stir in remaining **crème fraîche** and **chives**. Season with **salt**, **pepper**, and more **lemon juice** to taste.



## 3 ROAST GREEN BEANS

While potatoes cook, toss **green beans** on a baking sheet with a large drizzle of **olive oil**; season with **salt** and **pepper**. Roast on top rack until softened and lightly browned, 12-15 minutes.



## 6 FINISH & SERVE

Stir a splash of **reserved potato cooking liquid** into **potatoes** to rewarm, if necessary. Toss **green beans** with **almonds**; divide between plates along with potatoes and **salmon**. Spoon **sauce** over salmon. Serve with any remaining **lemon wedges** on the side.

## TAKE TWO

Love the creamy chive sauce? Next time, try pairing it with chicken.

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