



Roasted Salmon

with Crispy Potatoes, Burst Tomatoes and Green Beans

30 Minutes



Salmon Fillets,
skinless



Yellow Potato



Green Beans



Baby Tomatoes



Garlic, cloves



Dill-Garlic Spice Blend

HELLO CRISPY POTATOES

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

Ingredients

	2 Person	4 Person
Salmon Fillets, skinless	250 g	500 g
Yellow Potato	360 g	720 g
Green Beans	170 g	340 g
Baby Tomatoes	113 g	227 g
Garlic, cloves	2	4
Dill-Garlic Spice Blend	1 tsp	2 tsp
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 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.

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Boil potatoes

Cut **potatoes** into 1-inch pieces. Add **potatoes**, **2 tsp salt** and **enough water** to cover (by approx. 1 inch) to a large pot (use 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 **potatoes** and return them to the same pot, off heat.



Cook veggies

While **salmon** roasts, heat a large non-stick pan over medium heat. When hot, add **green beans** and **3 tbsp water** (dbl for 4 ppl). Cook, stirring occasionally, until **water** is absorbed and **green beans** are tender-crisp, 3-4 min. Add **1 tbsp butter** (dbl for 4 ppl), **tomatoes** and **garlic**. Cook, stirring occasionally, until **tomatoes** start to soften and burst, 3-4 min. Transfer **veggies** to a medium bowl. Stir in **half the Dill-Garlic Spice Blend**, then season with **salt** and **pepper**. Cover to keep warm.



Prep

While **potatoes** cook, halve **tomatoes**. Trim **green beans**. Peel, then mince or grate **garlic**.



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 per batch.) Cook until golden-brown and crispy, 2-3 min per side.



Roast salmon

Pat **salmon** dry with paper towels. Arrange **salmon** on a lightly-oiled, foil-lined baking sheet. Drizzle with **1/2 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, 10-12 min. **



Finish and serve

Season **crispy potatoes** with **salt** and sprinkle with **remaining Dill-Garlic Spice Blend**. Divide **roasted salmon**, **veggies** and **crispy potatoes** between plates.

Dinner Solved!