

Hello
FRESH



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Roasted Salmon

with Crispy Potatoes, Burst Tomatoes, and Green Beans

Healthy fats for the win! That's our motto - and one of the main reasons we're practically drooling over this luscious roasted salmon with pan-fried potatoes, juicy tomatoes, and crisp green beans. Talk about a dinner of champions.



Prep: 10 min
Total: 30 min



level 2



nut
free



gluten
free



make
me first



Salmon



Yukon
Potatoes



Green Beans



Heirloom
Grape Tomatoes



Garlic



Dill

Ingredients

		2 People	4 People
Salmon	1)	12 oz	24 oz
Yukon Potatoes		12 oz	24 oz
Green Beans		6 oz	12 oz
Heirloom Grape Tomatoes		4 oz	8 oz
Garlic		2 Cloves	4 Cloves
Dill		¼ oz	½ oz
Butter*	2)	1 T	2 T
Olive Oil*		1 T	2 T

*Not Included

Allergens

1) Fish

2) Milk

Tools

Large pot, Slotted spoon, Strainer, Large pan, Baking sheet

Ruler

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Nutrition per person Calories: 625 cal | Fat: 35 g | Sat. Fat: 8 g | Protein: 42 g | Carbs: 39 g | Sugar: 6 g | Sodium: 29 mg | Fiber: 7 g



1 Prep: Wash and dry all produce. Preheat the oven to 425 degrees. Bring a large pot of water to a boil with a large pinch of **salt**. Halve the **tomatoes**. Thinly slice the **garlic**. Finely chop the **dill**. Trim the **green beans**. Slice the **potatoes** into ½-inch rounds.

2 Blanch the green beans and boil the potatoes: Add the **green beans** to the boiling water for 1-2 minutes, until crisp-tender. Remove with a slotted spoon, keeping the water boiling on the stove. Rinse the green beans under very cold water. Add the **potatoes** to the same boiling water. Cook 12-15 minutes, until fork-tender. Drain.

3 Sauté the tomatoes and green beans: Meanwhile, heat **1 Tablespoon butter** in a large pan over medium heat. Add the **tomatoes**. Season with **salt** and **pepper**. Cook, tossing, for 2-3 minutes, until slightly burst. Add the **green beans** and **garlic**. Cook, tossing, for another 2-3 minutes, until the green beans are tender. Stir in half the **dill**. Season with **salt** and **pepper**. Remove from pan and set aside, covered, to keep warm.

4 Cook the salmon: Meanwhile, place the **salmon** onto a lightly oiled baking sheet. Drizzle with **olive oil**. Season with **salt** and **pepper**. Place in the oven for 8-10 minutes, until just opaque in the center.

5 Crisp the potatoes: Once the **potatoes** are done, lightly crush each round with the side of your knife. Heat a drizzle of **olive oil** in the same pan over medium-high heat. Add the potatoes. Cook 2-3 minutes per side, until golden brown and crispy. Sprinkle the potatoes with the remaining **dill**. Season with **salt** and **pepper**.

6 Finish: Serve the **roasted salmon** with the **green beans, tomatoes,** and **crispy potatoes** on the side. Enjoy!

Share your masterpiece on social media! Tag your photos with #HelloFreshPics, and you'll be entered into our weekly photo contest!

