



# Smart Lemon Tarragon Salmon with Green Bean Amandine

Carb Smart

Calorie Smart

30 Minutes



Salmon Fillets,  
skin-on



Green Beans



Tarragon



Lemon



Almonds, sliced



Onion, chopped



Garlic, cloves



Spring Mix

## HELLO TARRAGON

*This herb used in French cuisine has a subtle licorice flavour*

## Start here

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

## Bust out

Baking sheet, colander, medium non-stick pan, measuring spoons, zester, aluminum foil, measuring cups, large pot, paper towels, silicone brush

## Ingredients

	2 Person	4 Person
Salmon Fillets, skin-on	250 g	500 g
Green Beans	340 g	680 g
Tarragon	7 g	14 g
Lemon	1	2
Almonds, sliced	28 g	56 g
Onion, chopped	56 g	113 g
Garlic, cloves	2	4
Spring Mix	56 g	113 g
Unsalted Butter*	3 tbsp	6 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.*

## Contact

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## 1 Prep

Zest, then juice **lemon**. Trim **green beans**. Peel, then mince or grate **garlic**. Roughly chop **tarragon**.



## 4 Make amandine sauce

While **salmon** bakes, heat a medium non-stick pan over medium. When hot, add **3 tbsp butter** (dbl for 4 ppl). Season with **salt** and **pepper**. Cook, stirring often, until **butter** is browned, 5-7 min. Add **almonds, garlic** and **onions** to the pan. Cook, stirring often, until fragrant, 2-3 min. Remove the pan from heat. Carefully stir in **lemon juice** and **¼ cup water** (dbl for 4 ppl) until fully incorporated. Add **green beans** and **spring mix**. Season with **salt** and **pepper**, to taste, then toss to coat.



## 2 Cook green beans

Add **8 cups water** and **½ tsp salt** to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat. Add **green beans** to the **boiling water**. Cook, stirring occasionally, until tender-crisp, 1-2 min. Drain and return **green beans** to the same pot, off heat. Season with **salt** and **pepper**.



## 5 Finish and serve

Carefully remove salmon skin, then discard. Divide **green beans** and **spring mix** between plates. Top with **salmon**. Drizzle **remaining amandine sauce** in the pan over top.

## Dinner Solved!



## 3 Cook salmon

While **green beans** cook, pat **salmon** dry with paper towels. Arrange **salmon** on a lightly-oiled, foil-lined baking sheet, skin-side down. Brush **each fillet** with **½ tsp oil**. Season with **salt** and **pepper**. Sprinkle with **lemon zest** and **tarragon**. Bake **salmon** in the **middle** of the oven until cooked through, 10-12 min.\*\*