



Cornmeal Crusted Salmon

with Potato Rounds and Garlicky Beans

FAMILY 30 Minutes



Salmon Fillets, skinless



Cornmeal



Mayonnaise



Dill



Green Beans



Sour Cream



Shallot



Parsley



Garlic



Yellow Potato

HELLO CORNMEAL CRUSTED

Make a restaurant-worthy meal in your own kitchen!

Start Strong

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

Bust Out

Garlic Press, Measuring Spoons, Paper Towels, Parchment Paper, Silicone Brush, Small Bowl, Medium Bowl, Large Non-Stick Pan, Aluminum Foil, 2 Baking Sheets

Ingredients

	4 Person
Salmon Fillets, skinless	570 g
Cornmeal	½ cup
Mayonnaise	½ cup
Dill	14 g
Green Beans	340 g
Sour Cream	6 tbsp
Shallot	100 g
Parsley	14 g
Garlic	6 g
Yellow Potato	720 g
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 our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



1. ROAST POTATOES

Cut **potatoes** into ¼-inch rounds. Over two parchment-lined baking sheets, toss together **potatoes** and **2 tbsp oil** (1 tbsp oil per baking sheet). Season with **salt** and **pepper**. Arrange in a single layer. Roast in **top** and **middle** of oven, rotating baking sheet halfway through cooking, until golden-brown, 25-28 min.



4. COOK BEANS

Heat a large non-stick pan over medium-high heat. When the pan is hot, add **2 tbsp oil**, then **beans, garlic** and **shallots**. Cook, stirring occasionally, until **beans** are tender-crisp, 5-6 min. Season with **salt** and **pepper**. Transfer **bean mixture** to a plate and cover with foil to keep warm.



2. PREP

While **potatoes** roast, peel, then thinly slice **shallots**. Finely chop **parsley**. Finely chop **dill**. Trim **beans**. Peel, then mince or grate **garlic**. Pat **salmon** dry with paper towels.



5. PAN-FRY SALMON

Using the same pan, add another **2 tbsp oil**, then **salmon**. Pan-fry, until golden-brown and cooked through, 3-4 min per side.**



3. COAT SALMON & MIX MAYO

Combine **cornmeal**, **1 tsp salt** and **1 tsp pepper** in a medium bowl. Brush **½ tbsp mayo** all over each piece of **salmon**, then add each to the **cornmeal mixture** and toss to coat. Set aside. Stir together **sour cream**, **parsley**, **dill** and **remaining mayo** in a small bowl. Season with **salt** and **pepper**. Set aside.



6. FINISH AND SERVE

Divide **salmon, potatoes** and **beans** between plates. Serve **herby mayo** on the side for dipping.

Dinner Solved!

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