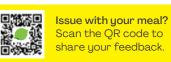


Pan-Seared Greek-Style Salmon

with Roasted Potatoes and Yogurt Sauce

Family Friendly 30 Minutes



Lemon-Pepper

Seasoning

Green Beans

Dill

skin-on

Yogurt Sauce

Lemon



HELLO LEMON-PEPPER SEASONING A peppery spice blend with zippy lemon and zesty garlic!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Measurements within steps	1 tbsp	(2 tbsp)	oil
	2 person	4 person	Ingredient

Bust out

Baking sheet, measuring spoons, measuring cups. zester, parchment paper, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Salmon Fillets, skin-on	250 g	500 g
Double Salmon Fillets, skin-on	500 g	1000 g
Yellow Potato	350 g	700 g
Lemon-Pepper Seasoning	1 tbsp	1 tbsp
Yogurt Sauce	45 ml	90 ml
Green Beans	170 g	340 g
Lemon	1	1
Dill	7 g	7 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 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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Roast potatoes

• Cut **potatoes** into ¼-inch wedges.

• Add **potatoes** and **1 tbsp oil** to a parchment-lined baking sheet. (NOTE: For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.)

• Season with **salt** and **pepper**, then toss to coat.

• Roast in the **middle** of the oven, flipping halfway through, until golden-brown, 25-28 min. (NOTE: For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway through.)



Pan-fry salmon

- When **green beans** are tender-crisp, transfer to a plate, then cover to keep warm. Set aside.
- Add ½ **tbsp** (1 tbsp) **oil** to the same pan, then **salmon**, skin-side down.
- Pan-fry until skin is crispy, 4-5 min. Flip and cook until salmon is cooked through, 3-4 min.**



Prep

- Meanwhile, trim **green beans**, then halve.
- Zest half the lemon (whole lemon for 4 ppl).
- Cut **remaining lemon** into wedges.
- Roughly chop dill.



Cook beans and prep salmon

• Heat a large non-stick pan over mediumhigh heat.

• When hot, add green beans,

1 tbsp (2 tbsp) **oil** and **¼ cup** (½ cup) **water**. Cook, stirring occasionally, until water evaporates, 4-5 min.

- Season with **salt** and **pepper**, then toss with **lemon zest** and **half the dill**.
- While green beans cook, pat salmon dry with paper towels. Sprinkle with
 ½ tbsp (1 tbsp) Lemon-Pepper Seasoning and season with salt.

If you've opted for **double salmon**, prepare and cook it in the same way the recipe instructs you to prepare and cook the regular portion of **salmon**. Work in batches, if necessary.



Finish and serve

- Divide roasted potatoes, green beans and salmon between plates.
- Sprinkle remaining dill over salmon.
- Dollop with **yogurt sauce** and squeeze a **lemon wedge** over top, if desired.

