



Roasted Salmon

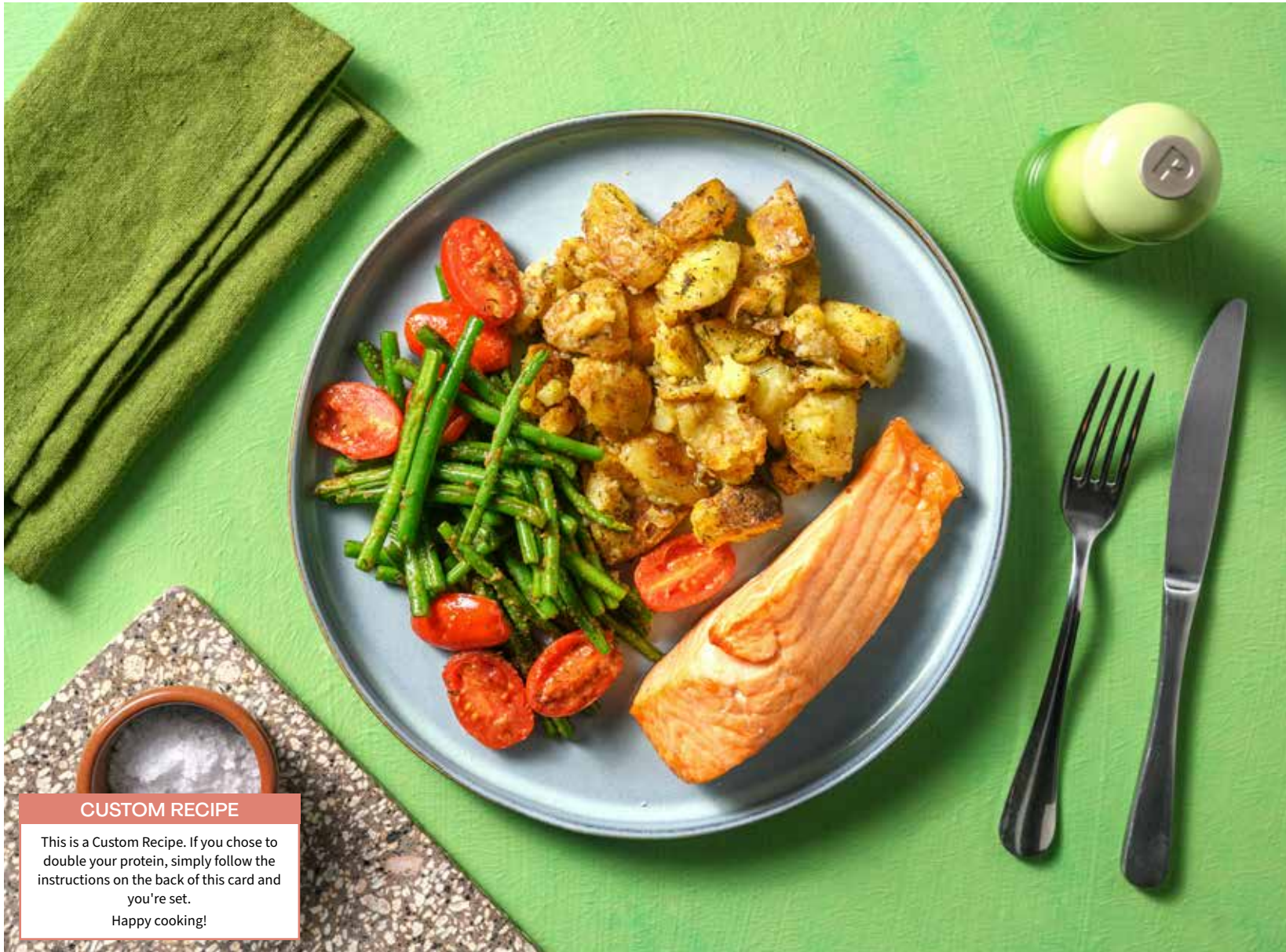
with Crispy Potatoes, Burst Tomatoes and Green Beans

Family Friendly

30 Minutes



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Salmon Fillets,
skin-on



Double Salmon Fillets,
skin-on



Yellow Potato



Green Beans



Baby Tomatoes



Garlic Puree



Dill-Garlic Spice
Blend

CUSTOM RECIPE

This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

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.

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

Bust out

Baking sheet, colander, measuring spoons, spatula, parchment paper, large pot, 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
Green Beans	170 g	340 g
Baby Tomatoes	113 g	227 g
Garlic Puree	1 tbsp	2 tbsp
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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1



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 and return **potatoes** to the same pot, off heat.

4



Cook veggies

- Meanwhile, heat a large non-stick pan over medium heat.
- When hot, add **green beans** and **3 tbsp** (6 tbsp) **water**. Cook, stirring occasionally, until **water** is absorbed and **green beans** are tender-crisp, 3-4 min.
- Add **1 tbsp** (2 tbsp) **butter**, **tomatoes** and **garlic puree**. Cook, stirring occasionally, until **tomatoes** start to soften and burst, 3-4 min.
- Transfer **veggies** to a plate. Stir in **remaining Dill-Garlic Spice Blend**, then season with **salt** and **pepper**, to taste. Cover to keep warm.
- Carefully wipe the pan clean.

2



Prep

- Meanwhile, halve **tomatoes**.
- Trim **green beans**.
- Pat **salmon** dry with paper towels.

5



Crisp potatoes

- Heat the same pan over high.
- When hot, add **1 tbsp** (2 tbsp) **oil** and **1 tbsp** (2 tbsp) **butter**. (**NOTE:** For 4 ppl, cook in batches, using 1 tbsp oil and 1 tbsp butter per batch.)
- Add **potatoes** and press down with a spatula to lightly flatten. Cook until golden-brown and crispy, 2-3 min per side.

3



Roast salmon

- Arrange **salmon** on a parchment-lined baking sheet, skin-side down.
- Season with **salt**, **pepper** and **half the Dill-Garlic Spice Blend**. Drizzle **1 tsp** (2 tsp) **oil** over top.
- Roast in the **middle** of the oven until cooked through, 7-10 min.**

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.

6



Finish and serve

- Season **potatoes** with **salt** and **pepper**, to taste.
- Divide **roasted salmon**, **veggies** and **crispy potatoes** between plates.

Dinner Solved!