



HOME CHEF

# Apple Cider-Brined Salmon

With a Tarragon-Mustard Cream Sauce and Green Beans



Think you have to give up rich flavors and luscious sauces to get on the healthy eating train? Not so with this elegant low-carb and low-calorie dish. We start with flaky, pan-seared salmon, which is first brined in tart apple cider (you're going to love this technique.) Accented with a tarragon-mustard cream sauce and served alongside crisp green beans and shallots, it's a sacrifice-free way to eat well and prosper!

## OVERVIEW



TIME TO PREPARE



EASY RECIPE



DAYS BEST COOKED BY

## NUTRITION

Calories: 603  
Carbohydrates: 12g  
Fat: 30g  
Protein: 65g  
Sodium: 917mg  
*per serving*

## DIETARY



LOW CALORIE



LOW CARB



GLUTEN-FREE



NUT-FREE



SOY-FREE

## DRINK PAIRING

Riesling  
Pinot Grigio  
Chardonnay

## INGREDIENTS

- 1 Shallot
- 2 Tarragon Sprigs
- 2 Salmon Fillet
- 6 oz. Apple Cider
- 6 oz. Green Beans
- 2 oz. Grainy Mustard
- 2 oz. Heavy Cream

## WHAT YOU NEED

- Olive Oil
- Salt
- Pepper

## EQUIPMENT

- Mixing Bowl
- Medium Pan
- Medium Pot

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### Prepare the Ingredients

Bring a medium pot of **lightly salted water** to a boil. Thoroughly rinse produce and pat dry. Peel and finely mince **shallot**. Stem and roughly chop **tarragon** sprigs. Rinse **salmon** fillets and pat dry.



### Brine the Salmon

Place **salmon**, 1 tsp. **salt**, and **apple cider** into a shallow dish or bowl. Allow salmon to marinate in the **apple cider brine** for 15 minutes, flipping halfway through. Remove salmon from the brine and pat dry with a clean dishcloth or paper towel.



### Cook the Green Beans

Add **green beans** to the pot of boiling water, reduce heat to low, and cook until beans become fork tender, about 4-5 minutes. Drain water and set green beans aside on a plate. Using the same pot, heat 2 tsp. **olive oil** and **shallots** over medium heat and sauté for 1-2 minutes. Add the green beans and cook for another 2-3 minutes. Season with a pinch of **salt** and **pepper**. Set aside.



### Cook the Salmon

Season both sides of **salmon** with a pinch of **salt** and **pepper**. Heat 2 tsp. **olive oil** in a medium pan over medium heat. Once oil is warm, add salmon and cook on each side for 4-5 minutes, or until a minimum internal temperature of 145 degrees is reached. Wipe out pan.



### Prepare the Cream Sauce

In the pan you used to cook the salmon, add **mustard**, **heavy cream**, and **tarragon** (reserving a pinch for garnish). Stir ingredients together over very low heat until combined and slightly thickened, about 3-5 minutes, taking care not to burn the sauce. Season with a pinch of **salt** and **pepper**.



### Plate the Dish

Place a piece of **salmon** in the middle of the plate. Compose a mound of **green beans** and **shallots** next to the salmon. Spoon the **tarragon and mustard cream sauce** over the salmon. Garnish with any remaining **tarragon** and a crack of fresh **black pepper**.