



NUTRITION *per serving* 30g carbohydrates 37g fat 40g protein 1453mg sodium | calorie-conscious



Calories
600



Prep & Cook Time
25-35 min.



Cook Within
3 days



Difficulty
Intermediate



Spice Level
Not Spicy



Cedar-Roasted Salmon

with roasted thyme potatoes and green beans

IN YOUR BOX

2 Cedar Sheets
12 oz. Yukon Potato
1 Red Onion
.125 oz. Thyme
1 Butcher's Twine
5 oz. Green Beans
12 oz. Salmon Fillets

IN YOUR KITCHEN

Olive Oil
Salt
Pepper
Cooking Spray
Baking Sheet
Medium Non-Stick Pan

www.homechef.com/3288

BEFORE YOU COOK

- ☐ Take a minute to read through the recipe before you start—we promise it will be time well spent!
- ☐ Preheat oven to **450 degrees**
- ☐ Thoroughly rinse produce and pat dry
- ☐ Prepare a baking sheet with foil and cooking spray

WHILE YOU COOK

- ☐ **Heads Up! Thyme** is used twice. Stemmed thyme is added to **potatoes** and remaining is roasted with **salmon**.
- ☐ The **cedar sheets** may break. No worries! Just soak in **water**, piece together around **salmon**, and secure with **twine**.
- ☐ Don't worry if **cedar sheets** char while cooking. It will allow more cedar flavor to infuse into **salmon**.

FROM THE CHEF

Not a fan of fish skin? Don't worry. Once salmon is cooked, the skin will easily peel off and you can serve the fillet without the skin.

Did you know...
Indigenous peoples in the Pacific Northwest utilized this technique of hanging salmon affixed to cedar planks over open fires. Cedar naturally infused into fish while smoke from the fire helped preserve it.



Prepare the Cedar Sheets

Place **cedar sheets** in a shallow bowl or pan. Add enough **water** to cover and soak 10 minutes. While sheets soak, cut **potato** into ¼" slices. Halve and peel **onion**. Cut halves into ½" slices. Set aside two **thyme sprigs**. Stem and coarsely chop remaining thyme. Cut **twine** into four equal pieces. Trim ends off **green beans**. Pat **salmon fillets** dry, and season flesh side with ½ tsp. salt and ¼ tsp. pepper.



Roast the Salmon

Carefully, move **vegetables** to one half of baking sheet (some overlap is fine) and place **cedar-wrapped salmon** on other half. Roast until cedar sheets are lightly browned and salmon reaches a minimum internal temperature of 145 degrees, 7-9 minutes. Remove from oven and rest 3 minutes. Cut **twine** and remove from cedar paper.



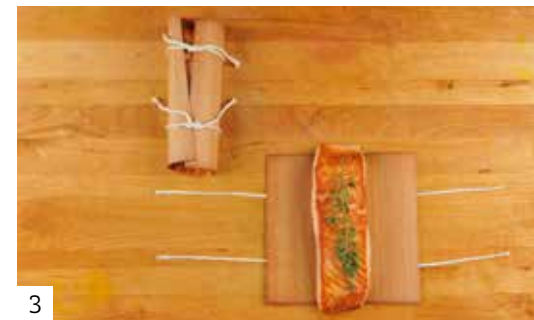
Roast the Potatoes

Place **potatoes** and **onions** on prepared baking sheet. Toss with **stemmed thyme**, 1 Tbsp. **olive oil**, ½ tsp. **salt**, and ¼ tsp. **pepper** and spread into a single layer. Roast 13 minutes. *Vegetables will finish cooking in a later step.* While vegetables roast, sear salmon.



Cook the Green Beans

Return pan used to cook salmon to medium heat. Add ½ tsp. **olive oil** and **green beans** to hot pan. Cook, stirring often, until green beans start to brown, 1-2 minutes. Add ¼ cup **water** and cook until green beans are tender, 2-4 minutes. Remove from burner and season with ¼ tsp. **salt** and a pinch of **pepper**.



Sear the Salmon

Lay two parallel pieces of **twine** 3" apart on counter. Place a **cedar sheet** on top of twine. Place a medium non-stick pan over medium-high heat. Add 1 tsp. **olive oil** and **salmon**, skin side up, to hot pan. Sear undisturbed until lightly browned, 2-3 minutes. Transfer a salmon fillet, skin side down, to middle of cedar sheet. Place a remaining **thyme sprig** on salmon. Enclose cedar snugly around salmon and secure with twine. Repeat with second salmon fillet. Wipe pan clean and reserve.



Plate the Dish

Place **potatoes**, **onions**, and **green beans** on a plate and place **salmon** next to potatoes.