



- In your box**
- 1 Tbsp. Chopped Ginger
 - 2 Garlic Cloves
 - 2 Green Onions
 - 12 oz. Green Beans
 - 12 oz. Salmon Fillets
 - ¼ fl. oz. Toasted Sesame Oil
 - 1 fl. oz. Teriyaki Glaze



Roasted Salmon with Ginger-Scallion Sauce and charred green beans

NUTRITION per serving—Calories: 526, Carbohydrates: 18g, Fat: 36g, Protein: 37g, Sodium: 1089mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
30-40 min.

Cook Within
3 days

Difficulty Level ● ◻ ◻ ◻
Easy

Spice Level ◻ ◻ ◻ ◻
Not Spicy

🕒 You will need

Olive Oil, Salt, Pepper, Cooking Spray
Baking Sheet, 2 Mixing Bowls, Medium Non-Stick Pan

👑 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 **400 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **ginger, garlic, green onions**



1

Prepare the Ingredients

- Trim and cut 2" pieces from green portions of **green onions**. Slice pieces into very thin strips and cover with **cold water** in a mixing bowl to "curl" into a garnish (optional). Mince remaining green onions.
- Trim ends off **green beans**.
- Mince **garlic**.
- Pat **salmon fillets** dry, and season flesh side with ¼ tsp. **salt** and a pinch of **pepper**.



2

Sear the Salmon

- Place a medium non-stick pan over medium-high heat. Add 2 tsp. **olive oil** and **salmon**, skin side up, to hot pan and cook undisturbed until deeply browned, 2-4 minutes on one side.
- Remove from burner. *Salmon will finish cooking in a later step.*



3

Roast the Salmon

- Transfer **salmon** to prepared baking sheet, seared side up, and roast until flesh is opaque and salmon reaches a minimum internal temperature of 145 degrees, 7-10 minutes.
- *Not a fan of fish skin? Don't worry. Once salmon is cooked, the skin will easily peel off and you can serve it without the skin.*
- Wipe pan clean and reserve.
- While salmon roasts, cook green beans.



4

Cook the Green Beans

- Return pan used to sear salmon to high heat. Add 2 tsp. **olive oil**, **green beans**, ¼ tsp. **salt**, and a pinch of **pepper** to hot pan and stir often until beans are bright green and beginning to char, 3-5 minutes.
- Add half the **ginger** and half the **garlic** (reserve remaining of both for sauce). Cook until aromatic and beans are crisp-tender, 1-2 minutes.
- Remove from burner.



5

Make the Sauce

- Combine remaining **ginger**, half the remaining **garlic**, **sesame oil**, **teriyaki glaze**, **minced green onions**, and 2 Tbsp. **water** in another mixing bowl. Taste, and add more garlic if desired. *Sauce will have a thin consistency.*
- Plate dish as pictured on front of card, garnishing **salmon** with **sauce** and **green onion curls**. Bon appétit!