



In your box

- 2 Dill Sprigs
- 12 oz. Green Beans
- 2 Garlic Cloves
- 1 Lemon
- 12 oz. Salmon Fillets
- 1 oz. Sour Cream
- 1 oz. Grated Parmesan
- ½ oz. Slivered Almonds



Salmon with Dill Crema and green beans amandine

NUTRITION per serving—Calories: 590, Carbohydrates: 16g, Fat: 41g, Protein: 43g, Sodium: 1430mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
25-35 min.

Cook Within
3 days

Difficulty Level ● ◻ ◻ ◻
Easy

Spice Level ◻ ◻ ◻ ◻
Not Spicy

You will need

Olive Oil, Salt, Pepper, Cooking Spray
Baking Sheet, Medium Oven-Safe Non-Stick Pan,
Mixing Bowl

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: **dill**



1

Prepare the Ingredients

- Trim ends off **green beans**.
- Mince **garlic**.
- Mince **dill**, leaves and stems.
- Zest and halve **lemon**. Cut one half into wedges and juice the other half.
- Pat **salmon fillets** dry, and season flesh side with ½ tsp. **salt** and a pinch of **pepper**.



2

Cook the Green Beans

- Toss **green beans** with **garlic**, 2 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper** on prepared baking sheet. Massage oil into green beans.
- Spread into a single layer and roast in hot oven until lightly browned, 10-12 minutes.
- Remove from oven. *Green beans will finish cooking in a later step.*
- While green beans roast, cook salmon.



3

Roast the Salmon

- Place a medium oven-safe non-stick pan over medium-high heat and add 1 tsp. **olive oil**.
- Add **salmon** to hot pan, flesh side down, and sear until browned, 2-3 minutes.
- Flip salmon, and place pan in hot oven. Roast until salmon reaches a minimum internal temperature of 145 degrees, 9-11 minutes.
- While salmon roasts, make sauce.



4

Make the Sauce

- Combine **sour cream**, **dill** (reserve a pinch for garnish), 1 tsp. **lemon juice**, 1 tsp. **olive oil**, ¼ tsp. **lemon zest**, and a pinch of **salt** and **pepper** in a mixing bowl.
- Set aside.



5

Finish the Dish

- Sprinkle **Parmesan**, **almonds**, and a pinch of **salt** on **green beans** and roast until green beans are tender, 7-9 minutes.
- Plate dish as pictured on front of card, garnishing **salmon** with **sauce** and sauce with reserved **dill**. Squeeze **lemon wedges** over dish to taste. Bon appétit!