



In your box

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

Customize It Options

- 12 oz. Salmon Fillets
- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Sirloin Steaks
- 12 oz. Wild-Caught Alaskan Sockeye Salmon Fillets

You will need

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



Customer Favorite

Salmon with Dill Crema and green beans amandine

NUTRITION per serving—Calories: 529, Carbohydrates: 15g, Fat: 36g, Protein: 43g, Sodium: 1679mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients
*Nutrition & allergen information may vary by protein. Please review protein and meal labels for details.

Prep & Cook Time
30-40 min.

Cook Within
3 days

Difficulty Level
Intermediate

Spice Level
Not Spicy

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to 400 degrees
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: dill

Customize It Instructions

- If using **wild-caught salmon**, follow same instructions as regular salmon in Step 1 and Step 3 and searing on flesh side until browned, 2-4 minutes, then roasting in hot oven until salmon reaches minimum internal temperature, 6-8 minutes.
- If using **chicken breasts** or **sirloin steaks**, pat dry and season both sides with 1/4 tsp. **salt** and a pinch of **pepper**. Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**. Add protein to hot pan and cook until protein reaches minimum internal temperature, 5-7 minutes per side. Cook entirely on stovetop; do not roast in oven.

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



1

Prepare the Ingredients

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



2

Start 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, 2-4 minutes.
- Flip salmon, and place pan in hot oven. Roast until salmon reaches minimum internal temperature, 7-10 minutes.
- While salmon roasts, finish green beans.



4

Finish the Green Beans

- Sprinkle **Parmesan**, **almonds**, and a pinch of **salt** on **green beans** and roast again until green beans are tender, 7-9 minutes.
- While green beans roast, make dill crema.



5

Make Dill Crema and Finish Dish

- 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.
- Plate dish as pictured on front of card, garnishing **salmon** with dill crema and reserved **dill**. Squeeze **lemon wedges** over to taste. Bon appétit!