



- In your box**
- 2 Green Onions
  - 12 oz. Green Beans
  - 2 Garlic Cloves
  - 1 Lime
  - 12 oz. Salmon Fillets
  - 1 oz. Sliced Almonds
  - 1 oz. Butter
  - 1 ½ tsp. Miso Paste



## Salmon with Miso Butter and green beans amandine

NUTRITION per serving—Calories: 575, Carbohydrates: 19g, Fat: 41g, Protein: 40g, Sodium: 1444mg.  
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients  
*\*Nutritional information may vary if you selected wild caught salmon fillets as your protein*

Prep & Cook Time  
**25-35 min.**

Cook Within  
**3 days**

Difficulty Level ● ● ● ● ●  
**Intermediate**

Spice Level ● ● ● ● ●  
**Not Spicy**

## ① You will need

Olive Oil, Salt, Pepper

Medium Oven-Safe Non-Stick Pan, Large 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
- Ingredient(s) used more than once: **green onions**



1

### Prepare the Ingredients

- Trim ends off **green beans**.
- Mince **garlic**.
- Trim and thinly slice **green onions**.
- Quarter **lime**.
- Pat **salmon fillets** dry, and season flesh side with ¼ tsp. **salt** and a pinch of **pepper**.
- *If using wild-caught salmon, season same amount.*



2

### Sear the Salmon

- Place a medium oven-safe non-stick pan over medium-high heat and add 1 tsp. **olive oil**. Place **salmon** in hot pan, skin side up, and sear until lightly browned, 2-4 minutes.
- *If using wild-caught salmon, follow same instructions.*



3

### Finish the Salmon

- Flip salmon, and place pan in hot oven.
- Roast until **salmon** reaches a minimum internal temperature of 145 degrees, 7-9 minutes.
- *If using wild-caught salmon, roast until salmon reaches a minimum internal temperature of 145 degrees, 6-8 minutes.*
- While salmon roasts, cook green beans.



4

### Cook the Green Beans

- Place a large non-stick pan over medium-high heat and add 1 tsp. **olive oil**. Add **garlic** and **almonds** to hot pan and cook until aromatic, 30 seconds.
- Add **green beans** and cook, 1 minute.
- Add ¼ cup **water**, ½ tsp. **salt**, and a pinch of **pepper**. Cover, and stir occasionally until tender, 4-6 minutes.
- Set aside 1 Tbsp. **green onions**. Sprinkle remaining green onions over green beans.
- Transfer green beans to a plate. Reserve pan, no need to wipe clean.



5

### Make Butter and Finish the Dish

- Return pan used to cook green beans to medium-high heat. Add **butter**, reserved **green onions**, and **miso paste** to pan and stir constantly until miso is completely incorporated, 1-2 minutes.
- Remove from burner.
- Plate dish as pictured on front of card, topping **salmon** with **butter** and squeezing **lime quarters** over meal to taste. Bon appétit!