



Everything-Bagel Salmon

with Creamy Chive Potatoes & Green Beans



30-40min



2 Servings

Despite its name, everything bagel seasoning is a delicious addition to just about any savory dish. Here it becomes a super flavorful garlicky-sesame coating for roasted salmon fillets. We serve the salmon with red potatoes coated in sour cream and fresh chives, with crisp green beans alongside.

What we send

- 1 yellow onion
- ½ lb green beans
- ¼ oz fresh chives
- 2 russet potatoes
- 1 oz sour cream ⁷
- 10 oz pkg salmon filets ⁴
- ¼ oz everything bagel seasoning ¹¹

What you need

- kosher salt & ground pepper
- butter ⁷
- white wine vinegar (or apple cider vinegar) ¹⁷
- olive oil

Tools

- small saucepan
- medium nonstick skillet

Allergens

Fish (4), Milk (7), Sesame (11), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 850kcal, Fat 56g, Carbs 50g, Protein 35g



1. Prep ingredients

Finely chop **2 tablespoons onion**. Trim ends from **green beans**. Thinly slice **chives**. Scrub **potatoes**, then cut into ½-inch pieces.



2. Cook & season potatoes

Place **potatoes** in a small saucepan. Add **2 teaspoons salt** and enough **water** to cover by 1 inch. Cover and bring to a boil over high heat. Uncover and cook until easily pierced with a fork, about 5 minutes. Drain potatoes and return to saucepan. Gently stir in **sour cream**, **chives**, and **1 tablespoon butter**. Season to taste with **salt** and **pepper**. Cover to keep warm off heat.



3. Make vinaigrette

In a medium bowl, combine **chopped onions** and **1 ½ teaspoons vinegar**. Whisk in **2 tablespoons oil**. Season to taste with **salt** and **pepper**.



4. Cook & dress green beans

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **green beans** to skillet and season with **salt** and **pepper**. Cook, stirring occasionally, until tender and browned in spots, 4-5 minutes. Transfer to bowl with **vinaigrette** and stir to coat. Wipe out skillet and reserve for step 6.



5. Season salmon

Pat **salmon** dry, then season both sides with **salt** and **pepper**. Sprinkle **2 teaspoons everything bagel seasoning** on flesh side only, pressing gently to help seasoning adhere. Heat **1 tablespoon oil** in same skillet over medium-high until shimmering.



6. Cook salmon & serve

Add **salmon** to skillet, skin side down (should sizzle), then reduce heat to medium. Press each fillet firmly with a spatula for 10 seconds. Cook, occasionally pressing gently on fillets, until skin is browned and crisp, and salmon is almost cooked through, 5-7 minutes. Flip salmon and cook until just medium, 1-2 minutes. Serve **salmon** with **potatoes** and **green beans** alongside. Enjoy!