

MARLEY SPOON



LOW-CARB

Harissa Spiced Salmon & Salad

with Green Beans & Tarragon Dressing

 20-30min  2 Servings

In this gluten-free dish, salmon is enhanced by a flavorful harissa spice blend and accompanied by crisp cucumbers, green beans, and a vibrant tarragon dressing. There's also a touch of Dijon mustard to add another kick of flavor.

What we send

- 4
- 17

What you need

- kosher salt & ground pepper
- olive oil
- white wine vinegar ¹⁷

Tools

- microplane or grater
- rimmed baking sheet

Allergens

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

Nutrition per serving

Calories 430kcal, Fat 28g, Carbs 13g, Protein 32g



1. Prep green beans & salmon

Preheat oven to 450°F with a rack in the center position. Trim stem ends from **green beans**. Pat **salmon** dry, drizzle with **oil** and season all over with **1½ teaspoons of the harissa spice blend**.



2. Roast green beans

On a rimmed baking sheet, toss **green beans** with **1 teaspoon oil**, **¼ teaspoon salt**, and **a few grinds pepper**. Spread in an even layer and roast on the center oven rack until crisp-tender, about 5 minutes.



3. Add salmon

Push **green beans** to the sides of the baking sheet to make space in the center for **salmon**. Place salmon on baking sheet skin side-down. Roast salmon on the center oven rack until just cooked and green beans are tender, about 10 minutes.



4. Make dressing

Pick **1 tablespoon tarragon leaves** from stems and finely chop. Peel and finely grate **¼ teaspoon garlic** into a large bowl. Add **chopped tarragon**, **mustard**, **2 tablespoons vinegar**, and **3 tablespoons oil**; season to taste with **salt** and **pepper** and whisk to combine. Transfer 1½ tablespoons of the dressing to a small bowl and reserve for step 6.



5. Prep salad

Trim ends from **cucumbers**, cut in half lengthwise, then thinly slice crosswise. Thinly slice **romaine** crosswise, discarding end.



6. Assemble salad & serve

Remove **salmon** from oven and let cool slightly, then break into large pieces, removing skin if desired. Add **cucumbers** and **romaine** to large bowl with **dressing**, and toss to coat; season to taste with **salt** and **pepper**. Top **salad** with **salmon** and serve **green beans** alongside. Drizzle with **reserved dressing**. Enjoy!