



Seared Herbs de Provence Wild Sockeye Salmon

with Creamy Pesto White Beans



ca. 20min



2 Servings

This quick recipe knows how to make the most of a few flavorful ingredients. We season the salmon with a Dijon dressing and herbs de Provence, a uniquely woodsy, aromatic blend that will transport you to the French countryside. Served with white beans and spinach flavored with herby basil pesto, this dish is as comforting as it is easy to make.

What we send

- 1 shallot
- 1 lemon
- 1 pkt Dijon mustard ¹⁷
- 10 oz pkg wild-caught sockeye salmon ⁴
- ¼ oz herbs de Provence
- 15 oz can cannellini beans
- 3 oz baby spinach
- 2 oz basil pesto ⁷

What you need

- olive oil
- kosher salt & ground pepper

Tools

- microplane or grater
- medium saucepan
- medium nonstick skillet

Allergens

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

Nutrition per serving

Calories 720kcal, Fat 45g, Carbs 37g, Protein 47g



1. Prep ingredients

Finely chop **half of the shallot** (save rest for own use). Zest **half of the lemon** and squeeze **3 teaspoons juice**, keeping separate. Cut remaining lemon into wedges and set aside for serving.

In a small bowl, whisk to combine **Dijon mustard, 2 tablespoons oil, 2 teaspoons of the lemon juice**, and a **pinch each of salt and pepper**.



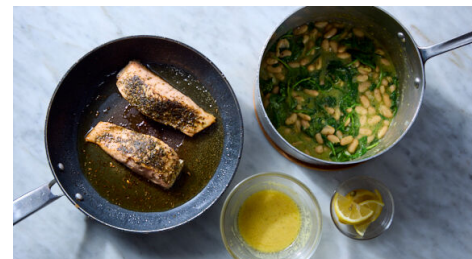
4. Finish beans

To saucepan with **beans**, add **spinach** in batches; cook until wilted. Add **pesto, lemon zest**, and **remaining 1 teaspoon lemon juice**. Season to taste with **salt and pepper**. Reduce heat to low while **fish** cooks.



2. Prep salmon

Pat **fish** dry and season with **salt and pepper**. Evenly spread **½ teaspoon Dijon dressing** over the flesh side of each fillet. Sprinkle **herbs de Provence** over top.



5. Cook salmon & serve

Heat **1½ tablespoons oil** in a medium nonstick skillet over medium-high. Add **fish**, flesh-side down, and cook until crisp, about 4 minutes. Flip and cook until medium-rare, 1 minute more.

Serve **salmon** over **beans** and drizzle with **remaining Dijon dressing**. Serve **lemon wedges** alongside. Enjoy!



3. Start beans

Heat **2 teaspoons oil** in a medium saucepan over medium. Add **shallots** and cook until softened, 5-7 minutes. Add **beans and their liquid**; bring to a simmer. Cook, stirring occasionally, until liquid is reduced by half, 5-7 minutes.



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