



Tray Bake: Salmon & Creamy Mustard Dill Sauce

with Baby Potatoes & Green Beans



40-50min



2 Servings

This one tray meal is the easiest way to elevate your weeknight dinner. The floral and woody profile of herbs de Provence brings delicate yet complex flavor to tender salmon filets and roasted potatoes and green beans. A smooth, tangy blend of whole-grain and Dijon mustard, sour cream, and capers makes for a decadent sauce to complement the fish and veggies. Fresh dill and a squeeze lemon are the perfect finishing touches.

What we send

- ½ lb baby potatoes
- aluminum foil tray
- ¼ oz herbs de Provence
- ¼ oz fresh dill
- 1 oz capers ¹⁷
- 1 lemon
- 2 (1 oz) sour cream ⁷
- 1 oz whole grain mustard ¹⁷
- 1 pkt Dijon mustard ¹⁷
- ½ lb green beans
- 10 oz pkg salmon filets ⁴

What you need

- olive oil
- kosher salt & ground pepper
- sugar

Tools

- microplane or grater

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 610kcal, Fat 34g, Carbs 34g, Protein 35g



1. Roast potatoes

Preheat oven to 400°F with a rack in the center.

Scrub **potatoes**; cut in half if large. Toss in aluminum foil tray with **½ tablespoon oil** and **half of the herbs de Provence**; season with **salt** and **pepper**. Roast on center oven rack until wrinkled, browned in spots, and fork tender, about 30 minutes.



4. Roast salmon & serve

Place **salmon** skin-side down on top of **green beans and potatoes**. Roast on center oven rack until just medium, 5-7 minutes (or longer for desired doneness). Remove skin if desired.

Serve **salmon tray bake** with **remaining dill fronds, mustard-dill sauce**, and **lemon wedges**. Enjoy!

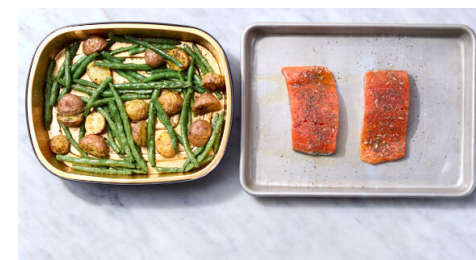


2. Make sauce

Meanwhile, pick **dill fronds** from stems and finely chop half; discard stems. Finely chop **half of the capers** (save rest for own use).

Into a small bowl, finely grate **1 teaspoon lemon zest**. Stir in **sour cream, whole-grain and Dijon mustard, chopped dill and capers, 1 teaspoon lemon juice**, and **½ teaspoon sugar**; season with **salt** and **pepper**.

Cut remaining lemon into wedges.



3. Roast green beans

Trim stem ends from **green beans**. Toss in a medium bowl with **½ tablespoon oil**; season with **salt** and **pepper**. Add to foil tray with **potatoes**. Roast on center oven rack until green beans are crisp-tender, about 15 minutes.

Rub each **salmon filet** with **½ teaspoon oil**. Sprinkle all over with **remaining herbs de Provence** and season with **salt** and **pepper**.



5. ...

Looking for more steps?



6. ...

You won't find them here! Enjoy your Martha Stewart & Marley Spoon meal!