DINNERLY



Low-Carb Salmon & Crispy Green Bean "Fries"

with Garlic Aioli

30-40min 2 Servings



These crispy baked green bean "fries" won't make you miss their tater counterpart, especially when they're dipped in a homemade garlic aioli. We've got you covered!

WHAT WE SEND

- · 2 oz panko 1
- ½ lb green beans
- 10 oz pkg salmon filets 4
- 1/4 oz steak seasoning
- 1 oz mayonnaise 3,6
- 1/4 oz granulated garlic
- · 1 lemon

WHAT YOU NEED

- 1 large egg 3
- kosher salt & ground pepper
- neutral oil
- · all-purpose flour 1

TOOLS

- · microplane or grater
- · rimmed baking sheet
- medium nonstick skillet

ALLERGENS

Wheat (1), Egg (3), Fish (4), Soy (6). May contain traces of other allergens.

Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 660kcal, Fat 41g, Carbs 38g, Protein 39g



1. Prep ingredients

Preheat oven to 425°F with a rack in the center.

In a medium bowl, whisk 1 large egg with 1 tablespoon water and a pinch each of salt and pepper.

Add **panko** to a medium bowl and season with **salt** and **pepper**.



2. Prep green beans

Drizzle oil on a rimmed baking sheet.

Toss green beans with 1 tablespoon flour, then dip in egg, letting excess drip back into bowl. Add to bowl with panko and toss to coat. Transfer to prepared baking sheet, keeping green beans separate from each other.



3. Bake green beans

Lightly drizzle **green beans** with more **oil**. Bake on center oven rack until beginning to brown, 12–15 minutes.

Meanwhile, pat **fish** dry; season all over with **steak seasoning**.



4. SALMON VARIATION

Heat 1 tablespoon oil in a medium nonstick skillet over medium-high. Reduce heat to medium; add fish, skin-side down. Firmly press each filet with back of a spatula, 10 seconds. Cook, occasionally pressing gently on filets, until skin is well browned and very crisp and fish is almost cooked through, about 5 minutes. Flip and cook until just medium, about 1 minute more.



5. Make aioli & serve

In a small bowl, combine mayo, a pinch of granulated garlic, and ½ teaspoon lemon juice. Season to taste with salt and pepper.

Serve salmon with green bean fries and garlic aioli alongside. Enjoy!



6. Turn up the heat

Add some spice to this dish by adding a dash of Sriracha to the garlic aioli!