

MARLEY SPOON



Moroccan-Spiced Wild Salmon

with Green Beans & Tarragon Dressing

 20-30min  2 Servings

This low-calorie, low-carb dinner salmon dinner cooked entirely on one baking sheet is a revelation! Wild salmon is enhanced by warming harissa spice blend and accompanied by crisp cucumbers, green beans, and vibrant tarragon dressing.

What we send

- ½ lb green beans
- ¼ oz harissa spice blend
- ¼ oz fresh tarragon
- 1 cucumber
- 1 romaine heart
- garlic
- ¼ oz Dijon mustard
- 10 oz pkg wild-caught sockeye salmon⁴

What you need

- olive oil
- kosher salt & ground pepper
- white wine vinegar (or vinegar of your choice)¹⁷

Tools

- rimmed baking sheet
- microplane or grater

Allergens

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

Nutrition per serving

Calories 600kcal, Fat 44g, Carbs 19g, Protein 33g



THIS IS A CUSTOMIZED RECIPE STEP

We've tailored the instructions below to match your recipe choices. Happy cooking!

1. Prep green beans & salmon

Preheat oven to 450°F with a rack in the center.

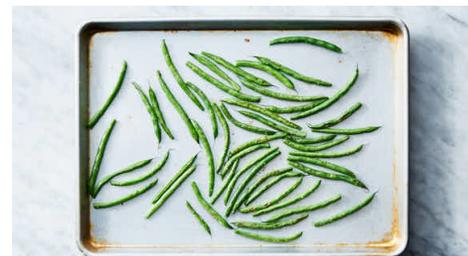
Trim ends from **green beans**. Pat **salmon** dry, then drizzle with **oil** and season all over with **1½ teaspoons harissa spice blend**.



4. Make dressing

Meanwhile, pick and finely chop **1 tablespoon tarragon leaves**; discard stems.

Finely grate **¼ teaspoon garlic** into a large bowl. Add **chopped tarragon, mustard, 3 tablespoons oil**, and **2 tablespoons vinegar**; whisk to combine. Season to taste with **salt and pepper**. Transfer **1½ tablespoons of the dressing** to a small bowl and reserve for step 6.



2. Roast green beans

On a rimmed baking sheet, toss **green beans** with **1 teaspoon oil** and season with **salt and pepper**; spread into an even layer.

Roast on center oven rack until crisp-tender, about 5 minutes.



5. Prep salad

Trim **cucumber** (peel if desired). Halve lengthwise and thinly slice into half moons. Halve **romaine** lengthwise and thinly slice crosswise, discarding stem end.



3. Roast salmon

Push **green beans** to sides of baking sheet. Place **salmon** in center, skin-side down.

Roast on center oven rack until salmon is just cooked through and green beans are tender, about 10 minutes.



6. Assemble salad & serve

Let **salmon** cool slightly, then break into large pieces (remove skin if desired). Add **cucumbers** and **romaine** to large bowl with **dressing**; toss to coat. Season to taste with **salt and pepper**.

Serve **salmon** over **salad** with **green beans** alongside. Drizzle all over with **reserved dressing**. Enjoy!