DINNERLY

Souvlaki Salmon & Garlic Cream

with Mediterranean Green Beans

40min 2 Servings

This souvlaki-style grilled, marinated salmon is the stuff that Greek dreams are made of. Pair it with blanched green beans tossed with sun-dried tomatoes and a zesty dressing, then make a creamy, garlicky sauce that just might make you lick the plate clean. Table manners who? There's no time for that with food this good. We've got you covered!

WHAT WE SEND

- 1 lemon
- ¼ oz dried oregano
- 8 oz pkg salmon filets [1]
- ½ lb green beans
- 2 (1 oz) sour cream [2]
- 2 oz sun-dried tomatoes

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- garlic

TOOLS

- grill or grill pan
- medium saucepan
- microplane or grater

COOKING TIP

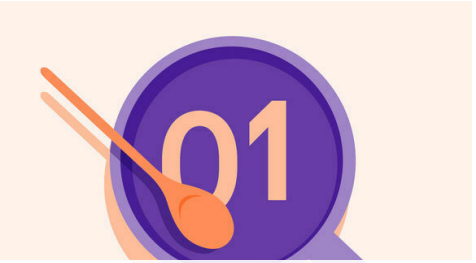
Don't have a grill or grill pan? See step 6!

ALLERGENS

Fish (1), Milk (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

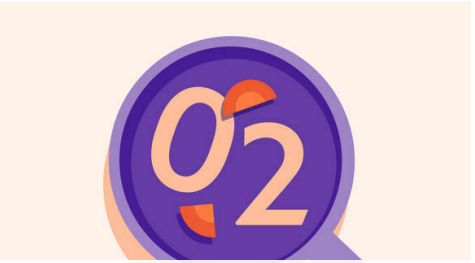
Calories 610kcal, Fat 49g, Carbs 17g, Protein 29g



1. SALMON VARIATION

Preheat grill to high if using. Bring a medium saucepan of **salted water** to a boil. Finely grate **2 teaspoons each of garlic and lemon zest**.

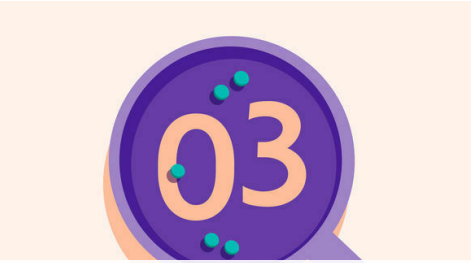
In a medium bowl, juice **1 tablespoon lemon**; stir in **half of the grated garlic and zest, 1 teaspoon oregano**, and **2 tablespoons oil** until combined. Pat **salmon** dry; season with **salt** and **pepper**. Add to **marinade** for 10 minutes.



2. Blanch green beans

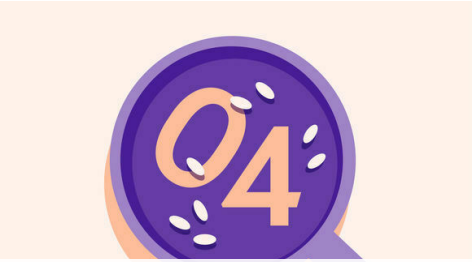
Trim stem ends from **green beans**. Coarsely chop **sun-dried tomatoes**.

To saucepan with boiling **salted water**, add green beans and cook until bright green and crisp-tender, about 3 minutes. Drain and transfer to a bowl with **ice water**. Allow beans to chill completely, then drain and pat dry with a clean kitchen towel or paper towels. Wipe out saucepan.



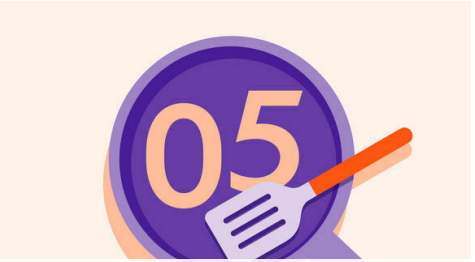
3. Make green bean salad

Return same saucepan to medium-low heat; stir in **remaining grated garlic and zest, sun-dried tomatoes, ¼ teaspoon oregano**, and **3 tablespoons oil** until combined; cook until aromatics are lightly bubbling, 3–4 minutes. Remove from heat; add **green beans** and **1 teaspoon lemon juice**. Season with **salt** and **pepper** and mix well to combine.



4. Cook salmon

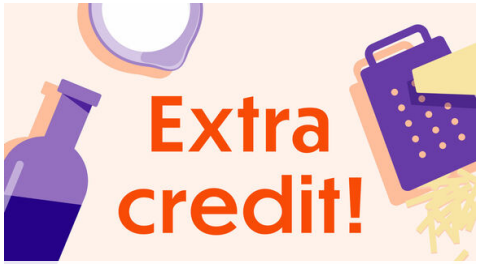
Preheat grill pan to high if using. Add **marinated salmon** to grill or grill pan, skin side-down pressing down gently with a spatula, about 10 seconds; continue to cook until well browned on the bottom, 4–5 minutes. Flip and cook until just medium, 1–2 minutes more. Transfer to a plate and let rest for 5 minutes.



5. Make sauce & serve

Into a small bowl, finely grate another **⅛ teaspoon garlic** and juice **¼ teaspoon lemon**. Stir in **all of the sour cream** and **any resting juices from salmon** until combined; season to taste with **salt** and **pepper**. Cut any remaining lemon into wedges.

Serve **salmon** with **green beans, garlic sauce**, and **any lemon wedges** alongside. Enjoy!



6. No grill? No problem!

In step 4, heat 1½ tablespoons oil in a medium nonstick skillet over medium-high until shimmering. Add salmon, skin-side down; lightly press each filet for 10 seconds. Lower heat to medium; cook until skin is browned and crisp, 4–5 minutes. Flip and cook until just medium, about 1 minute more.