

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 ⁴
- ½ lb green beans
- 8 oz pkg salmon filets ²
- ¼ oz steak seasoning
- 1 oz mayonnaise ^{1,3}
- ¼ oz granulated garlic
- 1 lemon

WHAT YOU NEED

- 1 large egg ¹
- kosher salt & ground pepper
- neutral oil
- all-purpose flour ⁴

TOOLS

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

ALLERGENS

Egg (1), Fish (2), Soy (3), Wheat (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 600kcal, Fat 37g, Carbs 38g, Protein 33g



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.

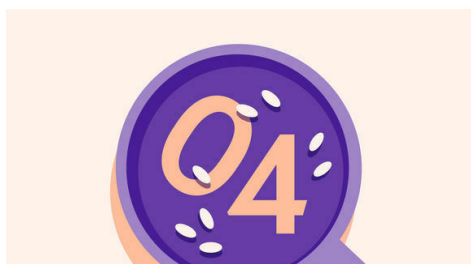
Toss **green beans** with 1 **tablespoon flour**, then dip in **egg**, letting excess drip back into bowl. Add to bowl with **panko** and toss to coat. Transfer to prepared baking sheet, keeping green beans separate from each other.



3. Bake green beans

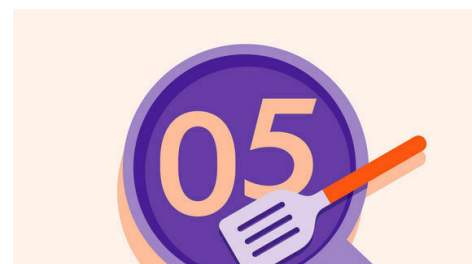
Lightly drizzle **green beans** with more **oil**. Bake on center oven rack until beginning to brown, 12–15 minutes.

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



4. SALMON VARIATION

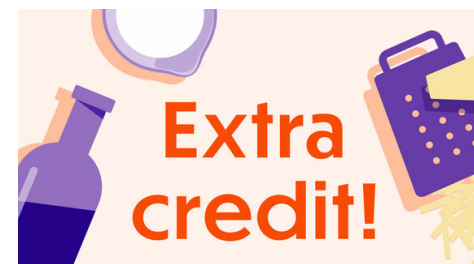
Heat 1 **tablespoon oil** in a medium nonstick skillet over medium-high. Reduce heat to medium; add **fish**, skin-side down. Firmly press each filet with back of a spatula, 10 seconds. Cook, occasionally pressing gently on filets, until skin is well browned and very crisp and fish is almost cooked through,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