



Moroccan-Spiced Salmon & Salad

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! 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
- 10 oz pkg salmon fillets ⁴
- harissa spice blend (use 1½ tsp)
- ¼ oz fresh tarragon
- garlic
- 1 pkt Dijon mustard ¹⁷
- 1 cucumber
- 1 romaine heart

What you need

- olive oil
- kosher salt & ground pepper
- white wine vinegar (or apple cider vinegar) ¹⁷

Tools

- rimmed baking sheet
- microplane or grater

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

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 43g, Carbs 20g, Proteins 35g



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**.



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 green beans are crisp-tender, about 5 minutes.



3. Roast salmon

Push **green beans** to the sides of the baking sheet to make space in the center for **salmon**. Place salmon on baking sheet, skin side down. Roast on center oven rack until salmon is just cooked through and green beans are tender, about 10 minutes.



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**, whisking to combine. Season to taste with **salt** and **pepper**. Transfer **1½ tablespoons of the dressing** to a small bowl and reserve for step 6.



5. Prep salad

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



6. Assemble salad & serve

Remove **salmon** from oven and let cool slightly, then break into large pieces (remove skin if desired). Add **cucumbers** and **romaine** to large bowl with **dressing**, and toss to coat. Season to taste with **salt** and **pepper**. Serve **salad** topped with **salmon**, and with **green beans** alongside. Drizzle all over with **reserved dressing**. Enjoy!