



FAST

HEALTHY

Salmon and Warm Bean Salad

with Dijon-Caper Dressing



20-30min



2 Portions

This cafe-style dish makes healthy eating so easy, using traditional flavour pairings that are always in vogue. You just roast bay leaf-infused Tasmanian salmon, break it into chunks over a green bean and white cannellini bean salad, then add a tangy caper vinaigrette for classical perfection.

What we send

- 4
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* The remainder of this ingredient won't be used in this recipe.

What you'll require

- Dijon mustard ¹⁷
- olive oil
- sea salt and pepper
- white vinegar

Utensils

- baking paper
- medium frypan
- oven tray
- sieve

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

Oven temperatures are for conventional ovens, set to fan-forced.

Allergens

Fish (4), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 530kcal, Fat 29.6g, Carbs 20.4g, Proteins 38.1g



1. Prepare vegetables

Read through the recipe. Heat the oven to 200C (see cooking tip). Line an oven tray with baking paper. Trim the **beans** and thinly slice. Quarter the **zucchini** lengthwise, then cut into 1cm chunks. Trim the **spring onion** and thinly slice.



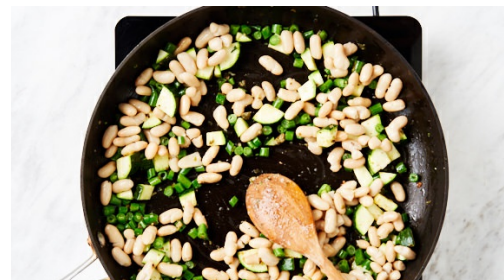
4. Roast salmon

Put the **salmon** on the lined tray and bake for 5-6 mins or until cooked to your liking (cooking times may vary depending on the thickness of the fillets). Remove from the oven and transfer to a plate.



2. Prepare ingredients

Crush or finely chop the **garlic**. Finely chop the **capers**. Rinse and drain the **cannellini beans**.



5. Cook vegetables

Meanwhile, heat **1 tbs olive oil** in a medium frypan over low heat. Cook the **garlic** and **capers**, stirring, for 1-2 mins until fragrant. Increase the heat to medium, add the **green beans** and **zucchini** and cook, stirring regularly, for 3 mins. Add the **cannellini beans** and cook, stirring regularly, for 3 mins or until the green beans are tender.



3. Prepare salmon

Combine **½ tsp ground bay leaf **** and **1 tsp olive oil** in a bowl and season with **salt and pepper**. Brush or drizzle over the **salmon** to completely coat.



6. Get ready to serve

Remove the pan from the heat. Add the **spring onion**, **1 tsp white wine vinegar** and **1 tsp dijon mustard**, season with **salt and pepper** and stir to combine. Using a fork, flake the **salmon** into large chunks. Divide the **bean mixture** and **salmon** among plates to serve.