



**FAST**

**HEALTHY**

## **Salmon and Warm Bean Salad**

with Dijon-Caper Dressing



20-30min



4 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 <sup>17</sup>
- olive oil
- sea salt and pepper
- white vinegar

## Utensils

- baking paper
- large 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 510kcal, Fat 27.3g, 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 onions** 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 **1½ tbs olive oil** in a large 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 **1 tsp ground bay leaf\*\*** and **2 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**, **2 tsp white wine vinegar** and **2 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.