

# Citrusy Salmon with Green Bean Almondine

Simple and sophisticated, this is a dinner that has it all: seared salmon in a lime and passion-fruit glaze, charred green beans with almonds, and a flavor that's out of this world. All that and on the table in less than fifteen minutes. That's the magic of Meez.

**15** *Minutes to the Table*

**15** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet

### FROM YOUR PANTRY

Butter (1 Tbsp.)

Olive Oil

Salt & Pepper

### 5 MEEZ CONTAINERS

Orange

Green Beans

Almonds & Cranberries

Salmon

Citrus Glaze

## Good To Know

**Our salmon is responsibly fished**, so it's free from dyes, antibiotics and any industrial grain-based diets.

**Health snapshot per serving** – 700 Calories, 28g Fat, 76g Carbs, 44g Protein and 26 Freestyle Points

**Lightened-up health snapshot per serving** – 570 Calories, 21g Fat, 62g Carbs, 14 Freestyle Points, by omitting the butter and using half of the Cranberries & Almonds.

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Salmon, Green Beans, Orange, Cranberries, Almond, Brown Sugar, Lime, Passion Fruit.

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### 1. Create the Green Bean Almondine

Heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the **Green Beans** and cook until they start to char, about 6 to 7 minutes. Turn off the heat. Add the **Almonds & Cranberries** and 1 Tbsp of butter to the skillet and stir until the butter is melted. Transfer directly to serving plates. Do not wipe out the skillet.

### 2. Cook the Salmon

Dry the **Salmon** with a paper towel and slice the **Orange** in half.

Heat 1 Tbsp of olive oil in the now-empty skillet over medium high heat. When the oil is hot, place the salmon in the center of the skillet and the orange halves around the edges, cut-side down. Cook until the salmon turns brown, about 4 minutes. Flip the salmon and remove the oranges. Add the **Citrus Glaze** to the skillet and continue to cook while spooning the sauce over the top of the salmon until it thickens enough to coat the back of a spoon, an additional 3 to 4 minutes.

### 3. Put It All Together

Serve the salmon alongside the green bean almondine. Use a spoon to scoop some of the grilled orange flesh onto the salmon. . Enjoy!