

Breaded Salmon Sandwich

The Meez take on the classic breaded fish sandwich. We've upgraded it to a premium salmon filet and paired with a chive tartar sauce that's bursting with cucumbers, tomatoes, and dill seasoning. Served on a soft, fresh sandwich roll with sautéed green beans, it's a speedy dinner that's flat out delicious.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

MEEZ CONTAINERS

Salmon
Chive Tartar Sauce
Panko Breading
Green Beans
Sandwich Bun
Arugula

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 – 850 Calories, 46g Fat, 47g Protein, 62g Carbs, and 19 Freestyle Points

Lightened-Up Health snapshot per serving – 600 Calories, 27g Fat, 44g Carbs, and 11 Freestyle Points serving open-faced with half the Chive Tartar Sauce.

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

INGREDIENTS: Salmon, Sandwich Roll, Green Beans, Arugula, Panko Breadcrumbs, Tomato, Sweet Relish, Red Onion, Cucumber, Mayonnaise, Dijon Mustard, Chives, Lemon Pepper, Garlic, Onion Powder, Paprika, Black Pepper, Lemon.

*meez*meals

1. Getting Organized

Preheat your oven to 400. Spray or brush a baking sheet with oil.

2. Prepare and Cook the Salmon

Using a paper towel, pat dry the **Salmon** and place on the oiled baking sheet. Coat the top of each salmon filet with a thick layer of **Chive Tartar Sauce** at least ¼" thick. (Save the remaining sauce for step 5).

Sprinkle the **Panko Breading** over each filet and press down to make sure the breading adheres to the sauce. Wipe off any panko that falls onto the baking sheet.

Bake until the panko breading is golden brown, approximately 12 to 14 minutes.

3. Cook the Green Beans

While the salmon is baking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. Add the **Green Beans** with a sprinkle of salt and pepper, and sauté until they start to sear, about 4 to 5 minutes. Transfer directly to serving plates. Wipe out the skillet.

4. Grill the Sandwich Bun

Return the now-empty skillet to the stove over medium-high heat. Lightly brush the insides of each **Sandwich Bun** with olive oil and place, oiled-side-down, in the skillet. Grill until the bun is golden brown and starts to crisp, about a minute.

5. Putting It All Together

Spread a generous helping of the Chive Tartar Sauce on the bottom bun, then add the **Arugula**. Top with the baked salmon and remaining bun. Use the remaining tartar sauce as a dip for the green beans. Enjoy!

Create a nice thick layer of Chive Tartar Sauce and get as much breading to stick as you can to get the full flavor of the dish.