

# Wasabi Salmon

With crispy, panko-crusted salmon, a Japanese-style wasabi cream that's packed with flavor and sautéed green beans, this recipe has it all. Best yet, dinner is on the table in less than half an hour.

**25** *Minutes to the Table*

**15** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Baking Sheet

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Wasabi Cream  
Panko Breading  
Salmon  
Green Beans  
Tamari & Chive Dressing

## Good To Know

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

**The wasabi cream is not overly spicy** so even if you don't normally eat wasabi, you might be pleasantly surprised by how mild ours is.

**Health snapshot per serving** – 600 Calories, 30g Fat, 265mg Sodium, 6g Fiber, 37g Carbs, 46g Protein and 16 Smart Points

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

INGREDIENTS: Salmon, Green beans, Breadcrumbs, Mayonnaise, Wasabi, Ginger, Tamari, Sesame Seeds, Sesame Oil, Chive, Garlic, Black Pepper, Onion

meezmeals

### 1. Getting Organized

Preheat oven to 400.

### 2. Prepare and Cook the Salmon

Spread the **Panko Breading** evenly on a large plate.

Coat the top side of the **Salmon** with a thick layer of **Wasabi Cream** (which is in a plastic container) at least 1/4" thick. Put each piece of salmon onto the breading, cream side down. Press down to make sure the breading adheres then repeat on the other, non-wasabi side. Place onto a baking sheet, cream-and-panko side up.

Bake the salmon 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**, salt and pepper, and sauté until the green beans just starts to sear, about 4 to 5 minutes.

### 4. Putting It All Together

Serve the salmon on top of the green beans and drizzle the **Tamari & Chive Dressing** (thinner white sauce with visible green chives in a sealed bag) over the entire dish. Enjoy!

*It is important that you create a nice thick layer of wasabi cream on the top of the salmon to get the full flavor of the dish.*

*The green beans will continue to cook after you remove it from the heat so be sure not to overcook it.*

*Love this recipe? #meezmagic*

Instructions for two servings  
**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**