

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** 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** 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
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