Mustard Salmon with Warm Potato and Green Bean Salad

2 salmon fillets with warm potato and green bean salad | Active 25 min | Cook 35 min | Total 55 min

Ingredients

- 1 lb 2 oz small waxy potatoes, halved or quartered (500 g)
- 2 cups trimmed green beans (250 g)
- 2 salmon fillets, 6 oz/170 g each (340 g total)
- 1 tablespoon olive oil (15 ml), divided: 1 teaspoon for salmon and 2 for salad
- 4 teaspoons Dijon mustard (20 g), divided equally between salmon and dressing
- 2 tablespoons lemon juice (30 ml), divided equally between salmon and dressing
- 1/3 cup plain 2% Greek yogurt (80 g)
- 2 tablespoons chopped fresh dill (4 g)
- 1/4 teaspoon fine salt (1.5 g), divided
- 1/4 teaspoon ground black pepper (0.5 g), divided

Set out

Two medium saucepans: one for green beans and one for potatoes, Colander, Rimmed baking sheet, Baking parchment, Mixing bowl, Food thermometer

Allergens

Fish (salmon), Milk, Mustard. Check labels and substitutions.

Make it

1. Heat oven to 400°F/200°C and line the baking sheet. Bring a separate saucepan of water to a boil, add trimmed green beans, return to a full boil and boil for at least 30 minutes, until thoroughly soft. About 10 minutes into bean cooking, put potatoes in the other saucepan, cover with cold water, bring to a simmer and cook 12–15 minutes or until tender. Drain each separately when ready; the beans must receive their complete 30-minute boiling period.

2. While the vegetables cook, put salmon on the sheet. Mix 1 teaspoon oil with half the mustard, half the lemon juice, half the salt and half the black pepper. Spread over the fish. Roast for 12–16 minutes, depending on thickness, until each thickest center reaches 145°F/63°C.

3. Whisk yogurt, remaining 2 teaspoons oil, remaining mustard and lemon juice, dill, remaining salt and pepper in a large bowl.

4. Drain potatoes and beans well and let steam escape for 3–5 minutes. Fold into the dressing gently, keeping the potato pieces intact.

5. Divide warm salad between two plates and add one salmon fillet to each. Serve promptly.

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Estimated nutrition per serving

Calories: 685 kcal | Protein: 46.6 g | Carbohydrate: 55.9 g | Fat: 31.2 g | Fiber: 9.2 g. One of 2 servings. Batch yield: 2 salmon fillets with warm potato and green bean salad. Base ingredients and full measured oil included; optional variations excluded. Estimates vary with brands, cooking and actual portions.

Dinner on one short timetable

Read the whole method before starting and put the salmon in once the potato pan is simmering. The vegetable pot and oven can then finish close together. There is no requirement to fit this meal into a precise post-training window; its advantage is a clear sequence on a busy evening.

A useful detail

Use plain, unseasoned salmon fillets. If using skin-on fish, serve the skin as preferred, but the ingredient weight and estimate are for the edible fillet portion specified. The bean texture is deliberately soft after the full boiling method. The 55-minute total includes their complete 30-minute boil.

Another way

Replace green beans with 250 g asparagus cut into 2-inch/5 cm lengths; add for the last 2–3 minutes of potato cooking.

Use 4 g chopped chives instead of dill in the dressing.

Keep it well

Refrigerate fish and dressed vegetables in separate shallow containers within 2 hours, or 1 hour above 90°F/32°C. Keep at 40°F/4°C or below for up to 2 days. Reheat leftovers to 165°F/74°C; the yogurt dressing may separate slightly but can be stirred. Do not leave the warm salad out for an extended buffet.