

DINNERLY



Greek Lemon-Oregano Salmon with Olive Oil Mash & Green Beans



30-40min



2 Servings

Mashed potatoes and green beans could be considered the unsung heroes of dinner. When paired with a hearty protein like salmon, this trio always comes to our rescue for a quick meal that saves the week. We're throwing in some Mediterranean vibes with a bright combination of lemon and dried oregano. Plot twist: the perfectly creamy mashed potatoes aren't made with butter. We've got you covered!

WHAT WE SEND

- 2 russet potatoes
- ½ lb green beans
- ¼ oz dried oregano
- 1 pkt seafood broth concentrate ^{2,4}
- 1 lemon
- 10 oz pkg salmon filets ⁴

WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- olive oil
- butter ⁷

TOOLS

- medium saucepan
- medium skillet
- potato masher or fork

ALLERGENS

Shellfish (2), Fish (4), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 800kcal, Fat 51g, Carbs 51g, Protein 35g



1. Cook potatoes

Peel **potatoes**, then cut into 1-inch pieces. Place in a medium saucepan with **1 teaspoon salt** and enough water to cover by 1 inch. Cover and bring to a boil over high heat, then uncover and cook until tender when pierced with a knife, 8–10 minutes. Reserve **⅓ cup cooking liquid**, then drain potatoes and return to saucepan off heat. Cover to keep warm until step 5.



2. Prep ingredients

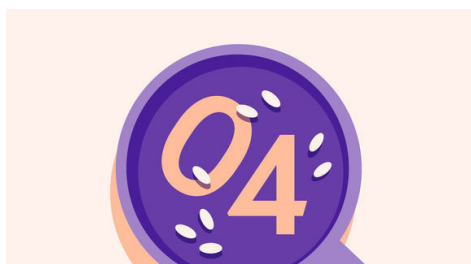
Finely chop **1 teaspoon garlic**. Trim ends from **green beans**. Pat **salmon** dry; season all over with **salt, pepper**, and **1 teaspoon dried oregano**.

In a liquid measuring cup, stir to combine **broth concentrate** and **⅓ cup water**. Squeeze in **2 teaspoons lemon juice** and stir to combine; set aside until step 4.



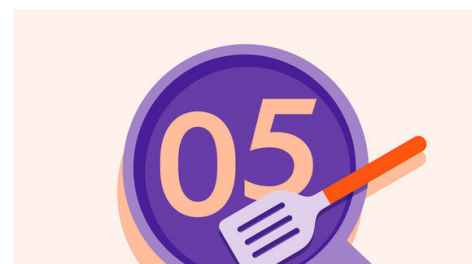
3. Cook green beans

Heat **2 teaspoons oil** in a medium skillet over medium-high. Add **green beans** and **a pinch each of salt and pepper**; cook, stirring occasionally, until crisp-tender, 3–4 minutes. Transfer to a bowl; cover to keep warm until ready to serve.



4. Cook salmon & pan sauce

Heat **1 tablespoon oil** in same skillet over medium-high. Add **salmon**; cook until browned, 2–4 minutes per side. Reduce heat to medium. Add **chopped garlic** and **1 tablespoon butter**; cook until butter is melted, about 1 minute. Add **broth**; cook, basting salmon, until liquid is reduced by half and salmon is cooked medium, 3–4 minutes. Remove skillet from heat.



5. Mash potatoes & serve

While **salmon_ cooks**, return **saucepan** with **__potatoes** to medium heat; add **reserved cooking water** and **2 tablespoons oil**. Mash with a potato masher or fork until smooth; season with **salt** and **pepper**.

Serve **Greek lemon-oregano salmon** with **green beans** and **olive oil mash** alongside. Spoon **pan sauce** over top. Enjoy!



6. Take it to the next level

This meal is already balanced with all the right sides and flavors. But, if you want to bulk it out for company or if you just want more leftovers, you can add other veggies to the mix, like roasted butternut squash or even carrots!