



Butter Basted Salmon

with Parmesan Roasted Vegetables & Herb Aioli



20-30min



2 Servings

Butter basting is a simple technique that will make you a hero in the kitchen. Here, we start with salmon searing in a hot skillet. Just before they're done cooking, we add crushed garlic, a dollop of butter, and a splash of vinegar. The butter melts, and the combined aromatic butter is continuously spooned over the fish, infusing it with mouth-watering flavor.

What we send

- 1 yellow squash
- ½ lb green beans
- ¾ oz Parmesan ⁷
- 10 oz pkg salmon filets ⁴
- ¼ oz steak seasoning
- garlic
- ¼ oz fresh parsley
- 2 (1 oz) mayonnaise ^{3,6}

What you need

- olive oil
- kosher salt & ground pepper
- butter ⁷
- apple cider vinegar (or red wine vinegar)

Tools

- microplane or grater
- rimmed baking sheet
- medium nonstick skillet

Allergens

Egg (3), Fish (4), Soy (6), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 830kcal, Fat 72g, Carbs 13g, Protein 36g



1. SALMON VARIATION

Preheat oven to 450°F with a rack in the upper third. Trim ends from **squash**; cut in half crosswise, then cut each half into ½-inch strips. Trim **green beans**. Finely grate **Parmesan**. Pat **salmon** dry, then season all over with **1½ teaspoons steak seasoning**. Finely grate **¼ teaspoon garlic** into a small bowl and, separately, smash **1 large garlic clove**.



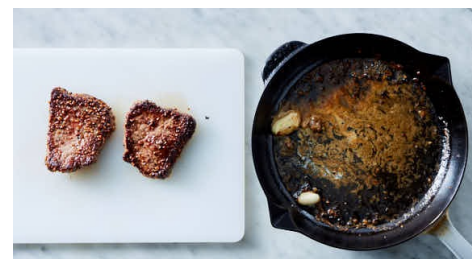
4. Make aioli

While **salmon** cooks, pick and finely chop **parsley leaves**, discarding stems. To the small bowl with **grated garlic**, add **mayonnaise** and **1 teaspoon of the chopped parsley**; stir to combine. Season to taste with **salt and pepper**.



2. Roast vegetables

On a rimmed baking sheet, toss **squash** and **green beans** with **1½ tablespoons oil**; season with **salt and pepper**. Spread out in an even layer, then sprinkle **Parmesan** all over vegetables. Roast on upper oven rack until vegetables are tender, 10-12 minutes.



5. Baste salmon

Add **smashed garlic**, **2 tablespoons butter**, and **1 tablespoon vinegar** to skillet with salmon and stir until melted. Flip **salmon**. Tilt skillet toward you so **butter** pools at the edge. Using a large spoon, baste the salmon continually with **butter** until fish is medium and skin is crisp, about 1 minute more. Transfer fish to a cutting board to rest.



3. Cook salmon

While **vegetables** roast, heat **2 teaspoons oil** in a medium nonstick skillet over medium-high until shimmering. Add **salmon**, skin-side down; lightly press each filet for 10 seconds. Lower heat to medium; cook until skin is browned and crisp, about 4 minutes.



6. Finish vegetables & serve

Switch oven to broil and broil **vegetables** until browned in spots, 1-2 minutes (watch closely as broilers vary). Serve **salmon** with **Parmesan vegetables** and **aioli** on the side for dipping. Drizzle over any remaining **pan juices**. Garnish with **remaining parsley**. Enjoy!