





Slow Roasted Salmon

with Shallot Potatoes and Herb Salad

 30-40min  2 Servings

Say goodbye to dry, tough salmon! Slow roasting salmon yields a soft-as-butter fish without any oil. On the side you'll find potatoes sautéed in caramelized shallots and a citrus herb salad. We love the combination of fresh parsley, dill, and tarragon to balance the richness of salmon and potatoes. Cook, relax, and enjoy!

What we send

- 3 Yukon gold potatoes
- ¼ oz fresh dill
- ¼ oz fresh tarragon
- 1 lemon
- 1 shallot
- 10 oz pkg salmon filets ⁴
- ½ oz fresh parsley

What you need

- coarse salt
- freshly ground black pepper
- olive oil

Tools

- colander
- large pot
- large skillet
- rimmed baking sheet

Allergens

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

Nutrition per serving

Calories 620kcal, Fat 33g, Carbs 38g, Protein 37g



1. Cook potatoes

Preheat oven to 275°F. Peel potatoes and cut into ½-inch slices. Place potatoes in a large pot, cover with water, and season generously with salt. Bring to a boil and cook until tender, 8 -10 minutes. Drain and return to pot to dry.



4. Sauté shallot

Halve, peel, and thinly slice shallot. Heat 2 tablespoons oil in a large skillet over medium. Add shallot and cook, stirring, until golden, about 5 minutes; season with salt. Add potatoes to skillet and sauté until golden, 5 more minutes; season to taste with salt and pepper.



2. Prep herbs & make dressin

Meanwhile, pick leaves from parsley, dill, and tarragon. Zest half of lemon over a medium bowl. Whisk in juice from half a lemon and 2 tablespoons oil. Set aside.



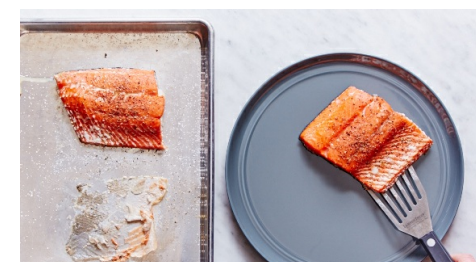
5. Make herb salad

Add herbs to bowl with dressing and toss to combine; season to taste with salt and pepper.



3. Bake salmon

Place salmon on a rimmed baking sheet and season with salt and pepper. Bake in the oven until just cooked through and opaque, 15-18 minutes (depending on thickness of salmon).



6. Serve

Cut remaining lemon half into wedges. Using a spatula, carefully remove salmon from the rimmed baking sheet (it's OK if the skin sticks to the sheet). Serve alongside potatoes and lemon wedges for squeezing over and top with the herb salad.