

# MARLEY SPOON



## Roasted Wild Salmon & Garlic Broccoli

with Delicata Squash Gratin



30-40min



2 Servings

Dill and garlic come together and make the perfect flavor pairing to top tender roasted wild salmon fillets. We serve the flaky fish alongside creamy delicata squash gratin and crisp-tender broccoli. A delicious and nutritious meal—packed with flavor.



## What we send

- 2 (¾ oz) Parmesan <sup>1</sup>
- 1 delicata squash
- garlic
- ½ lb broccoli
- 10 oz pkg wild-caught sockeye salmon <sup>3</sup>
- ¼ oz fresh dill

## What you need

- butter <sup>1</sup>
- olive oil
- kosher salt & ground pepper
- all-purpose flour <sup>2</sup>
- 1¼ c milk <sup>1</sup>

## Tools

- box grater
- rimmed baking sheet
- medium ovenproof skillet

## Allergens

Milk (1), Wheat (2), Fish (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 670kcal, Fat 42g, Carbs 37g, Protein 49g



### 1. Prep ingredients

Preheat oven to 425°F with racks in the upper and lower thirds.

Coarsely grate **all of the Parmesan** on the large holes of a box grater. Halve **squash** lengthwise, scoop out and discard seeds, and cut crosswise into ½ inch thick half-moons. Finely chop ½ **teaspoon garlic**. Place **1 tablespoon butter** in a small bowl to soften until step 6. Cut **broccoli** into 1-inch florets.



### 4. Bake gratin

Whisk **half of the Parmesan** into **sauce**; cook, whisking, until cheese is melted, 1-2 minutes. Season to taste with **salt** and **pepper**. Arrange **squash** in same skillet, pushing it down to submerge in the sauce. Sprinkle with remaining Parmesan to cover. Bake on upper oven rack until squash is tender when pierced with a fork and top of gratin is browned in spots, 10-12 minutes.



### 2. Roast squash

On a rimmed baking sheet, toss **squash** with **2 teaspoons oil**; season with **salt** and **pepper**. Roast on upper oven rack until squash is slightly tender and lightly golden around edges, 9-11 minutes. Transfer to a plate. Preheat same baking sheet on lower oven rack until step 5.



### 5. Roast broccoli & salmon

Pat **salmon** dry. On the preheated baking sheet, toss **broccoli** with **1 tablespoon oil**; season with **salt** and **pepper**. Push broccoli to one side of the sheet. Place salmon, skin side down, on other side. Drizzle salmon with **oil**; season with **salt** and **pepper**. Roast on lower rack until broccoli is tender and browned in spots, and salmon is cooked to medium, 6-8 minutes.



### 3. Make bechamel sauce

Heat **1 tablespoon butter** in a medium ovenproof skillet (preferably nonstick) over medium-high. Whisk in **1 tablespoon flour**. Cook, whisking constantly, until slightly thickened, about 1 minute. Whisk in **1¼ cups milk**; cook, whisking constantly, until sauce thickens enough to coat the back of a spoon, about 3 minutes. Remove from heat.



### 6. Finish & serve

Meanwhile, coarsely chop **1 teaspoon of the dill leaves and stems** (save rest for own use). Add **chopped dill and garlic** to bowl with **softened butter**, and season with **salt** and **pepper**; using a fork, mash to combine. Place **salmon** on plates and brush with **dill-garlic butter**. Serve **salmon** with **broccoli** and **delicata squash gratin** alongside. Enjoy!