



Pan-Seared Salmon & Mashed Potatoes

with Rosemary Gravy & Roasted Green Beans



30-40min



2 Servings

This is a perfect depiction of meat (er...fish) and potatoes. Here, we pan-roast flaky salmon filets, seasoned simply with salt, pepper, and fresh aromatic rosemary. The salmon is served with creamy mashed potatoes, homemade gravy, and crisp roasted green beans.

What we send

- 2 potatoes
- ½ lb green beans
- 1 shallot
- ¼ oz fresh rosemary
- 10 oz pkg salmon filets ²
- garlic
- 1 pkt vegetable broth concentrate

What you need

- kosher salt & ground pepper
- olive oil
- butter ¹
- white wine vinegar (or apple cider vinegar)
- all-purpose flour (or gluten-free alternative)

Tools

- medium saucepan
- medium nonstick skillet
- rimmed baking sheet
- potato masher or fork

Allergens

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

Nutrition per serving

Calories 730kcal, Fat 39g, Carbs 60g, Protein 37g



1. Cook potatoes

Preheat oven to 450°F with a rack in the center. Peel **potatoes**, then cut into 1-inch pieces. Place in a medium saucepan with **1 teaspoon salt** and add enough water to cover by 1 inch. Cover and bring to a boil, then uncover and cook until easily pierced with a fork, about 10 minutes. Reserve **½ cup cooking water**, then drain potatoes and return to saucepan. Cover to keep warm off heat.



4. Roast veg & salmon

Push **salmon** to one side. On empty side of baking sheet with salmon, toss **green beans** and **shallots** with **1 tablespoon oil**; season with **salt** and **pepper**. Roast on center oven rack until **salmon** is just medium, 2-4 minutes. Transfer to a plate. Return green beans to center rack and roast until tender and browned in spots, about 8 minutes more. Smash **1 large garlic clove**.



2. Prep veggies & rub

Trim ends from **green beans**. Cut **shallot** through the root end into quarters and separate into wedges. Pick and finely chop **1 teaspoon rosemary leaves**, discarding stems. In a small bowl, combine **half of the rosemary**, **¾ teaspoon salt**, and **a few grinds of pepper**. Pat **salmon** dry, then season all over with **rosemary-salt blend**.



5. Mash potatoes, prep gravy

Meanwhile, heat **potatoes** in saucepan over medium. Add **1 tablespoon butter** and mash using a potato masher or fork, adding **1 tablespoon reserved water or milk** at a time, as needed to reach desired consistency. Season to taste with **pepper**; cover to keep warm. In a liquid measuring cup, whisk **broth concentrate**, **½ cup water**, and **½ teaspoon vinegar**.



3. Brown salmon

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high until shimmering. Add **fish**, skin-side down; lightly press each filet for 10 seconds. Lower heat to medium; cook until skin is browned and crisp, 2-3 minutes. Flip and cook until nearly medium, 30 seconds more. Transfer, skin side-up, to a baking sheet. Reserve skillet with **1 tablespoon of the pan drippings** for step 6.



6. Make gravy & serve

Heat reserved skillet over medium-high. Add **garlic** and **remaining rosemary**. Cook until fragrant, 1 minute; discard garlic. Whisk in **½ tablespoon flour** until smooth, then add **broth mixture**. Cook, whisking, until slightly thickened, 1-2 minutes; season to taste. Serve **salmon** with **mashed potatoes** and **green beans** alongside. Spoon **gravy** over **salmon**. Enjoy!