

DINNERLY



Seared Salmon & Gravy with Buttery Veggies & Rice



20-30min



2 Servings

This American retro classic will always be welcome on our tables, especially with this quick and simple preparation. Buttery carrots and peas accompany tender salmon filets and steamy jasmine rice, but the real star of the plate is the sauce. Sour cream and mushroom seasoning create a lip-smacking gravy that we spoon over the chicken and sop up with the rice. We've got you covered! **303**

WHAT WE SEND

- 5 oz jasmine rice
- 1 bag carrots
- 2½ oz peas
- 8 oz pkg salmon filets ¹
- ¼ oz mushroom seasoning
- 1 oz sour cream ²

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- butter ²

TOOLS

- small saucepan
- medium nonstick skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 730kcal, Fat 36g, Carbs 68g, Protein 30g



1. Cook rice

In a small saucepan, combine **rice**, **1¼ cups water**, and **½ teaspoon salt**. Bring to a boil. Cover and cook over low heat until rice is tender and liquid is absorbed, about 17 minutes. Keep covered until ready to serve.



2. Cook carrots

Quarter **carrot** lengthwise and cut into ½-inch pieces.

Heat **2 teaspoons oil** in a medium nonstick skillet over medium-high. Add carrots and season with **salt** and **pepper**. Cook, stirring occasionally, until just starting to brown. Reduce heat to medium-low and add **3 tablespoons water**. Cover skillet and steam carrots until just tender, 2–4 minutes.



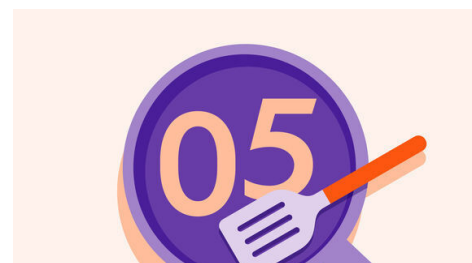
3. Cook peas

Add **peas** and **1 tablespoon butter**. Cook, stirring, until butter is melted and peas are warmed through, about 2 minutes. Season to taste with **salt** and **pepper**. Transfer veggies to a bowl and cover to keep warm.



4. SALMON VARIATION

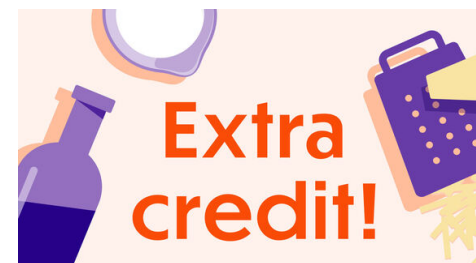
Pat **salmon** dry and season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high until shimmering. Add salmon, skin-side down; lightly press each filet for 10 seconds. Lower heat to medium; cook until skin is browned and crisp, 4–5 minutes. Flip and cook until just medium, about 1 minute more. Transfer to a plate.



5. Make sauce & serve

Reduce heat to medium. Add **½ cup water**; bring to a simmer, scraping up any browned bits from the bottom. Add **sour cream** and **mushroom seasoning**. Cook, stirring, until melted. Season to taste with **salt** and **pepper**. Fluff **rice**; stir in **1 tablespoon butter**, if desired.

Serve **salmon** with **mushroom sauce** over top alongside **rice** and **veggies**. Enjoy!



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