

# MARLEY SPOON



## Seared Salmon & Roasted Fall Veggie Frites

with Savory Mustard Pan Sauce



20-30min



2 Servings

We're turning tonight's dinner into a restaurant-worthy dinner. When it comes to cooking the perfect salmon fillet, it's all about a hot skillet and plenty of salt and pepper on the fish. We pair the tender seared salmon with a creamy pan sauce and a side of roasted carrots, parsnips, and green beans. Roasting the veggies brings out the sweetness and adds a crisp-tender bite. It's the perfect plate!

## What we send

- 3 oz carrots
- 1 parsnip
- ½ lb green beans
- ¼ oz fresh parsley
- 1 oz cream cheese<sup>2</sup>
- 10 oz pkg salmon filets<sup>1</sup>
- 1½ oz pkt Worcestershire sauce<sup>1</sup>
- ¼ oz Dijon mustard

## What you need

- olive oil
- all-purpose flour (or gluten-free alternative)
- kosher salt & ground pepper
- butter<sup>2</sup>

## Tools

- rimmed baking sheet
- 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 650kcal, Fat 41g, Carbs 35g, Protein 33g



### 1. Prep ingredients

Preheat oven to 450°F with a rack in the center. Place a rimmed baking sheet on center rack to preheat. Scrub **carrots** and **parsnip**, then cut into 2-inch long fries (about ¼-inch thick). Trim stem ends from **green beans**. Pick and coarsely chop **parsley leaves**; discard stems. Set **cream cheese** out to soften at room temperature until step 5.



### 4. Sear salmon

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, about 4 minutes. Flip and cook until just medium, about 1 minute more. Transfer to a plate. Reserve skillet.



### 2. Season veggie frites

In a medium bowl, toss **carrots, parsnips**, and **green beans** with **2 tablespoons oil** and **1 tablespoon flour**. Season with **salt** and **pepper**.



### 3. Roast veggie frites

Carefully transfer **seasoned veggies** to preheated baking sheet and spread to an even layer. Roast on center oven rack until, flipping veggies halfway through, veggies are deeply browned and slightly crisp, 15-20 minutes total. Carefully toss roasted veggies with **half of the chopped parsley**.



### 5. Make pan sauce

Immediately add **1 tablespoon butter** and **1 teaspoon flour** to same skillet. Cook, stirring, until flour is lightly toasted, about 30 seconds. Add **Worcestershire sauce** and **½ cup water**. Bring to a simmer. Cook until slightly thickened, about 1 minute. Whisk in **softened cream cheese** and **½ teaspoon Dijon** until combined. Season to taste with **salt** and **pepper**.



### 6. Finish & serve

Serve **salmon** with **pan sauce** spooned over top with **veggie frites** alongside and garnish with **remaining chopped parsley**. Enjoy!