



Crispy-Skin Salmon

with Creamy Charred Broccoli Mash



20-30min



2 Servings

Mascarpone is a very soft Italian cream cheese with a fresh milky, almost sweet flavor, and a super-smooth texture. For this keto-friendly dish, mascarpone cheese adds a luxe creaminess to charred broccoli mash, served alongside crispy-skin salmon and a summer plum tomato salad.

What we send

- 3 oz mascarpone ⁷
- garlic
- 10 oz pkg salmon fillets ⁴
- ½ lb broccoli
- 1 plum tomato
- 4 oz basil pesto ⁷

What you need

- kosher salt & ground pepper
- olive oil
- red wine vinegar (or vinegar of your choice)
- butter ⁷

Tools

- nonstick skillet
- potato masher or fork

Allergens

Fish (4), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 900kcal, Fat 80g, Carbs 11g, Protein 39g



1. Prep ingredients

Preheat oven to 250°F with a rack in the center position.

Coarsely chop **broccoli** into 1-inch pieces, if necessary.

Halve **tomato** lengthwise, then thinly slice crosswise into half-moons.

Finely chop **1 large garlic clove**.



4. Finish broccoli mash

Off the heat, add **mascarpone** and, using a potato masher or fork, mash to a coarse puree. Cook over medium-low heat until thickened, about 1 minute.

Add **2 tablespoons butter** and **a pinch each of salt and pepper**; stir to melt. Transfer to an ovenproof bowl, cover, and keep warm in the oven until step 6. Rinse and dry skillet.



2. Make tomato salad

In a small bowl, combine **tomatoes**, **half of the chopped garlic**, **1 teaspoon vinegar**, **1 tablespoon oil**, and **a pinch each of salt and pepper**; toss to combine.



5. Start salmon

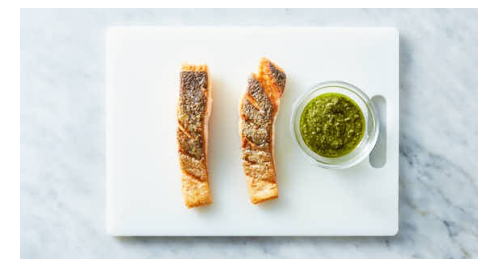
Pat **salmon** dry and, using a sharp knife, make very shallow slashes in the skin, ½-inch apart, on an angle for decoration (optional).

Season salmon all over with **salt** and **pepper**.



3. Start broccoli mash

In a medium nonstick skillet, heat **1 tablespoon oil** over medium-high until shimmering. Add **broccoli**, season with **salt**, and cook, stirring occasionally, until crisp-tender and browned in spots, about 4 minutes. Add **remaining chopped garlic** and **¼ cup water**; cover and cook over medium heat until broccoli is tender and water is evaporated, about 2 minutes.



6. Cook salmon & serve

Heat **1 tablespoon oil** in same skillet over medium-high. Add **salmon**, skin-side down. Press firmly for 10 seconds with spatula. Cook, pressing gently, until skin is browned and crisp and salmon is nearly cooked, 4-5 minutes. Flip salmon and cook, 1 minute, until just done.

Serve **salmon** with **half of the pesto**, **broccoli mash**, and **tomato salad** alongside. Enjoy!