



Pan-Roasted Salmon with Potatoes

with Spinach & Dill



30-40min



2 Servings

| This version of the recipe is customized with salmon.

What we send

- 2 Yukon gold potatoes
- 1 yellow onion
- 1 lemon
- 3 oz baby spinach
- 10 oz pkg salmon fillets ⁴
- ¼ oz fresh dill

What you need

- butter, softened ⁷
- olive oil
- kosher salt & ground pepper

Tools

- microplane or grater
- large ovenproof skillet

Cooking tip

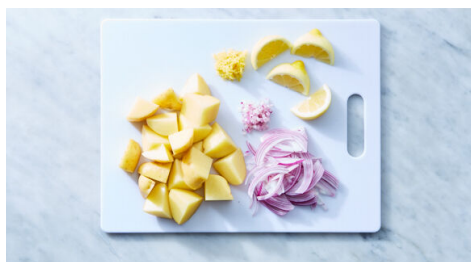
Set butter out to soften at room temperature at least 30 minutes before cooking.

Allergens

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

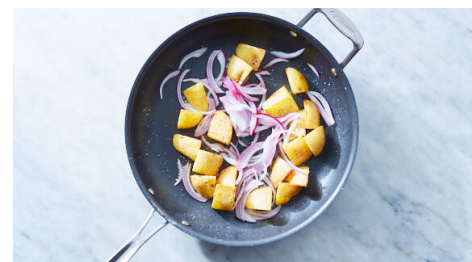
Nutrition per serving

Calories 610kcal, Fat 32g, Carbs 48g, Protein 35g



1. Prep ingredients

Preheat oven to 425°F with a rack in the center. Scrub **potatoes**, then cut into 1-inch pieces. Halve and thinly slice **¾ cup onion** (save rest for own use); finely chop 1 tablespoon of the onions, leaving the rest sliced. Finely grate **all of the lemon zest**, then cut half of the lemon into 4 wedges (save rest for own use).



2. Sauté vegetables

Heat **1 tablespoon oil** in a large ovenproof skillet over medium-high. Add **potatoes** and cook, stirring occasionally, until lightly browned but not cooked through, about 7 minutes (reduce heat if browning too quickly). Stir in **sliced onions** and season with **salt** and **pepper**.



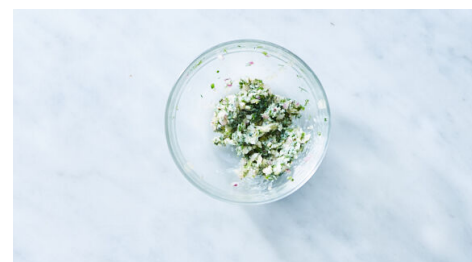
3. Pan-roast vegetables

Transfer skillet to center oven rack and roast until **potatoes** are tender, 10-12 minutes. Carefully remove from oven and stir in **spinach** to wilt slightly.



4. Roast salmon

Pat **salmon** dry and brush lightly with **oil**; season all over with **salt** and **pepper**. Place salmon on top of **vegetables** and roast on center oven rack until just cooked through, 8-10 minutes.



5. Make herb butter

Pick and coarsely chop **1 tablespoon dill fronds**; discard stems. In a small bowl, combine chopped dill, **chopped onions**, **1 tablespoon softened butter**, **½ teaspoon of the lemon zest** (reserve remaining for serving), and **a pinch each of salt and pepper**. Squeeze **1 lemon wedge** into bowl, and mash with a fork to combine.



6. Finish & serve

Use a spatula to transfer **vegetables** and **salmon** to plates (careful, the skillet is hot!). Dot **herb butter** on top of fish and sprinkle with **some of the reserved lemon zest**. Serve **salmon and veggies** with **remaining lemon wedges** on the side for squeezing over. Enjoy!