



Pan-Roasted Salmon & French Fries

with Caesar Wedge Salad & Pan Sauce

 40min  2 Servings

Nothing beats a classic salmon dinner, particularly when it comes to crunchy fries! Pro tip: We preheat the baking sheet in the oven, which helps evaporate liquid for perfect browning and caramelization. This method is especially great for oven fries, so the bottoms start to brown and crisp instead of steam.

What we send

- 2 potatoes
- 1 romaine heart
- 1 shallot
- ¾ oz Parmesan ¹
- 2 oz mayonnaise ^{2,3}
- ¼ oz Italian seasoning
- garlic
- 10 oz pkg salmon filets ⁴

What you need

- kosher salt & ground pepper
- neutral oil
- white wine vinegar (or apple cider vinegar)
- butter ¹

Tools

- rimmed baking sheet
- medium pot
- microplane or grater
- medium nonstick skillet

Allergens

Milk (1), Egg (2), Soy (3), Fish (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 1050kcal, Fat 77g, Carbs 54g, Protein 40g



1. Prep potatoes

Preheat oven to 450°F with a rimmed baking sheet placed on the rack in the upper third. Scrub **potatoes**, then cut lengthwise into ¼-inch thick wedges. Place potatoes in a medium pot with enough **salted water** to cover by 1 inch. Cover and bring to a boil. Uncover and cook until barely tender, 5-8 minutes. Drain and return potatoes to pot off heat.



4. SALMON VARIATION

Pat **salmon** dry, then season all over with **salt, pepper**, and **2 teaspoons Italian seasoning**. 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.



2. Roast potatoes

Toss **cooked potatoes** in pot with **2 tablespoons oil** and a **generous pinch each of salt and pepper**. Carefully spread into a single layer on preheated baking sheet. Roast on upper oven rack until fries are golden brown and crisp, about 25 minutes, flipping potatoes the last 5 minutes.



5. Make pan sauce

Transfer **salmon** to a plate. Add **chopped shallots** to same skillet and cook over medium heat, scraping up any browned bits from the bottom, until lightly browned, 1-2 minutes. Add **2 tablespoons butter** and **1 tablespoon each of water and vinegar**. Cook, whisking, until sauce is emulsified and coats the back of a spoon, 1-2 minutes. Immediately, remove from heat.



3. Prep ingredients

Halve **romaine** lengthwise, then cut crosswise into 6 wedges; discard stem end. Finely chop **shallot** and **1 teaspoon garlic**. Finely grate **Parmesan**. In a medium bowl, stir to combine **mayonnaise, chopped garlic, all but 1 tablespoon of the Parmesan, 1½ tablespoons water, and 1 teaspoon vinegar**. Season to taste with **salt and pepper**. Reserve for step 6.



6. Finish & serve

Season sauce to taste with **salt and pepper**.

Serve **salmon** with **fries** and **wedge salad** alongside. Spoon **pan sauce** over salmon. Drizzle **dressing** over **romaine wedges**, then sprinkle with **remaining Parmesan**. Enjoy!