

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

- 1 carrot
- 1 parsnip
- ½ lb green beans
- ¼ oz fresh parsley
- 1 oz cream cheese
- 10 oz pkg salmon filets
- 1½ oz pkt Worcestershire sauce
- 1 (¼ oz) Dijon mustard

What you need

- olive oil
- all-purpose flour (or gluten-free alternative)
- kosher salt & ground pepper
- butter

Tools

- rimmed baking sheet
- medium nonstick skillet

Allergens

Fish (4), Milk (7). 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.



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**.



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.



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!