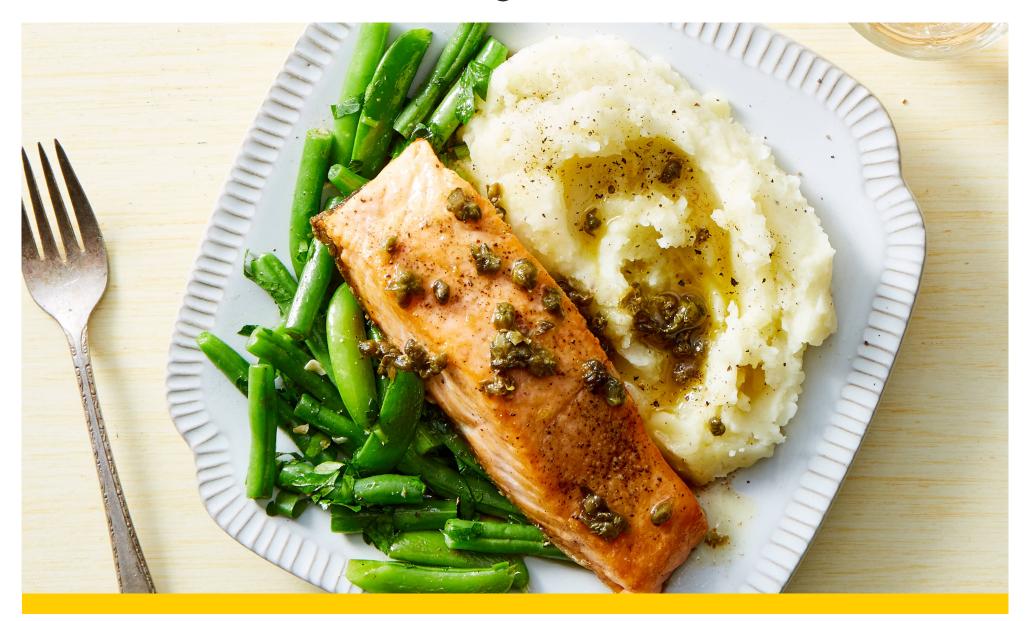
# MARLEY SPOON



# Martha's Best Salmon Meuniére

with Sautéed Green Beans & Mashed Potatoes





French cuisine is iconic; the flavors and techniques are flawless. Yet, it can be complicated to prepare. We take the guesswork out of mastering French cooking at home! Meuniére is a butter-based sauce full of briny capers and zesty lemon. It's the perfect bright sauce for coating pan-roasted salmon fillets. With mashed potatoes and sautéed veggies on the side, this plate is sure to transport you to your favorite bistro.

#### What we send

- garlic
- ½ lb green beans
- 4 oz snap peas
- ¼ oz fresh parsley
- 2 potatoes
- 1 lemon
- 10 oz pkg salmon filets <sup>4</sup>
- 1 oz capers <sup>17</sup>

# What you need

- 4 Tbsp butter <sup>7</sup>
- kosher salt & ground pepper
- · olive oil
- all-purpose flour (or glutenfree alternative)

#### **Tools**

- · microplane or grater
- · medium saucepan
- potato masher or fork
- medium nonstick skillet

#### **Allergens**

Fish (4), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

#### Nutrition per serving

Calories 910kcal, Fat 61g, Carbs 55g, Protein 37g



## 1. Prep ingredients

Finely chop ½ teaspoon garlic. Trim ends from green beans and snap peas; cut green beans in half crosswise.

Coarsely chop parsley leaves and stems. Peel potatoes, then cut into 1-inch pieces. Take 4 tablespoons butter out to soften until step 6. Finely grate ¼ teaspoon lemon zest and squeeze 1 tablespoon lemon juice into a small bowl; set aside for step 6.



### 2. Cook potatoes

Transfer **potatoes** to a medium saucepan. Add **1 teaspoon salt** and enough water to cover by ½ inch. Cover; bring to a boil. Uncover; cook until tender, 6-7 minutes. Reserve ½ **cup cooking water**; drain and return to saucepan. Add **1 tablespoon oil** and reserved cooking water. Use a potato masher or fork to mash until smooth. Season with **salt** and **pepper**. Cover to keep warm.



# 3. Sauté vegetables

Heat **2 teaspoons oil** in a medium nonstick skillet over medium-high. Add **green beans** and **snap peas**; season with **salt** and **pepper**. Cook, stirring, until crisp-tender, 3-4 minutes. Add **garlic** and cook, stirring, until fragrant, about 30 seconds. Transfer to a bowl and toss with **parsley**. Cover to keep warm until ready to serve. Wipe out skillet and reserve for step 5.



#### 4. Season salmon

Pat **salmon** dry, then season all over with **salt** and **pepper**. Lightly dust both of each fillet with **flour**, pressing lightly to help flour adhere.



5. Cook salmon

Heat **1 tablespoon oil** in reserved skillet over medium-high until shimmering. Reduce heat to medium; add **salmon**, skin-side down. Firmly press each filet with back of a spatula, 10 seconds. Cook, pressing gently on filets, until skin is well browned and very crisp and fish is almost cooked through, 4-5 minutes. Flip and cook until just medium, about 1 minute more. Transfer to plates.



6. Make sauce & serve

Add **softened butter** and **capers** to same skillet. Cook over medium-high, stirring, until golden flecks appear and smells nutty, 2-3 minutes (watch closely). Remove from heat. Stir in **lemon juice**, **lemon zest**, and **1 tablespoon water**. Season to taste with **salt** and **pepper**. Serve salmon with **sauce** spooned on top, with **mashed potatoes** and **veggies** alongside. Enjoy!