



## Pan-Seared Salmon & Mashed Potatoes

with Rosemary Gravy & Roasted Green Beans



30-40min



2 Servings

This is a perfect depiction of meat (er...fish) and potatoes. Here, we pan-roast flaky salmon filets, seasoned simply with salt, pepper, and fresh aromatic rosemary. The salmon is served with creamy mashed potatoes, homemade gravy, and crisp roasted green beans.



## What we send

- 2 potatoes
- ½ lb green beans
- 1 shallot
- ¼ oz fresh rosemary
- 10 oz pkg salmon filets <sup>4</sup>
- garlic
- 1 pkt vegetable broth concentrate

## What you need

- kosher salt & ground pepper
- olive oil
- butter <sup>7</sup>
- white wine vinegar (or apple cider vinegar) <sup>17</sup>
- all-purpose flour (or gluten-free alternative)

## Tools

- medium saucepan
- medium nonstick skillet
- rimmed baking sheet
- potato masher or fork

## 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 730kcal, Fat 39g, Carbs 60g, Protein 37g



### 1. Cook potatoes

Preheat oven to 450°F with a rack in the center. Peel **potatoes**, then cut into 1-inch pieces. Place in a medium saucepan with **1 teaspoon salt** and add enough water to cover by 1 inch. Cover and bring to a boil, then uncover and cook until easily pierced with a fork, about 10 minutes. Reserve **½ cup cooking water**, then drain potatoes and return to saucepan. Cover to keep warm off heat.



### 4. Roast veg & salmon

Push **salmon** to one side. On empty side of baking sheet with salmon, toss **green beans** and **shallots** with **1 tablespoon oil**; season with **salt** and **pepper**. Roast on center oven rack until **salmon** is just medium, 2-4 minutes. Transfer to a plate. Return green beans to center rack and roast until tender and browned in spots, about 8 minutes more. Smash **1 large garlic clove**.



### 2. Prep veggies & rub

Trim ends from **green beans**. Cut **shallot** through the root end into quarters and separate into wedges. Pick and finely chop **1 teaspoon rosemary leaves**, discarding stems. In a small bowl, combine **half of the rosemary**, **¾ teaspoon salt**, and **a few grinds of pepper**. Pat **salmon** dry, then season all over with **rosemary-salt blend**.



### 5. Mash potatoes, prep gravy

Meanwhile, heat **potatoes** in saucepan over medium. Add **1 tablespoon butter** and mash using a potato masher or fork, adding **1 tablespoon reserved water or milk** at a time, as needed to reach desired consistency. Season to taste with **pepper**; cover to keep warm. In a liquid measuring cup, whisk **broth concentrate**, **½ cup water**, and **½ teaspoon vinegar**.



### 3. Brown salmon

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high until shimmering. Add **fish**, skin-side down; lightly press each filet for 10 seconds. Lower heat to medium; cook until skin is browned and crisp, 2-3 minutes. Flip and cook until nearly medium, 30 seconds more. Transfer, skin side-up, to a baking sheet. Reserve skillet with **1 tablespoon of the pan drippings** for step 6.



### 6. Make gravy & serve

Heat reserved skillet over medium-high. Add **garlic** and **remaining rosemary**. Cook until fragrant, 1 minute; discard garlic. Whisk in **½ tablespoon flour** until smooth, then add **broth mixture**. Cook, whisking, until slightly thickened, 1-2 minutes; season to taste. Serve **salmon** with **mashed potatoes** and **green beans** alongside. Spoon **gravy** over **salmon**. Enjoy!