

DINNERLY



Seared Salmon & Citrus Butter Sauce with Smashed Potatoes & Arugula Salad



40-50min



2 Servings

There's so much beauty on this plate that we don't know where to start! Smashing softened potatoes thin increases the surface area to maximize their crispy potential. The crunchy smashed potatoes and tender seared salmon perfectly complement a buttery pan sauce of orange zest and juice, shallots, and parsley. A simple arugula salad with walnuts and Parmesan brings delightful flavor and texture. We've got you covered!

300

WHAT WE SEND

- ½ lb baby potatoes
- 1 oz walnuts ¹⁵
- ¼ oz fresh parsley
- 1 shallot
- 1 orange
- 8 oz pkg salmon filets ⁴
- 5 oz arugula
- ¾ oz Parmesan ⁷

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- 4 Tbsp unsalted butter ⁷
- white wine vinegar (or red wine vinegar) ¹⁷

TOOLS

- microwave
- rimmed baking sheet
- small heavy skillet (preferably cast-iron)
- microplane or grater
- medium nonstick skillet

ALLERGENS

Fish (4), Milk (7), Tree Nuts (15), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

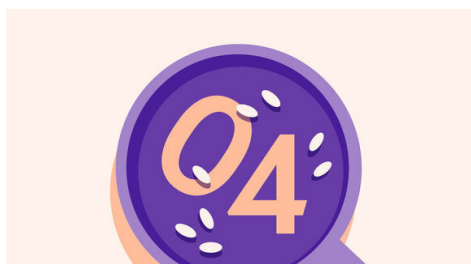
NUTRITION PER SERVING

Calories 940kcal, Fat 71g, Carbs 45g, Protein 35g



1. Prep potatoes

Preheat oven to 450°F with a rack in the lowest position. Scrub **potatoes**; prick all over with a fork. Place on a plate in a single layer and microwave until soft and easily pierced through the center with a knife, flipping halfway through, 5–10 minutes. Drizzle a rimmed baking sheet with **2 tablespoons oil**. Transfer **potatoes** to prepared baking sheet and shake sheet to coat.



4. Cook fish

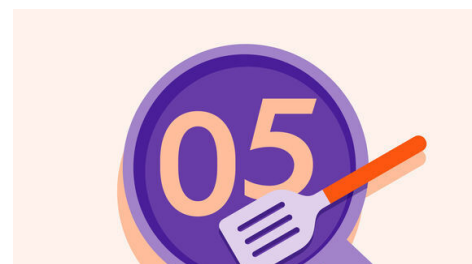
Press **each filet** gently with a spatula for 10 seconds. Lower heat to medium and cook until skin is well browned and flesh is almost cooked through, 4–5 minutes. Flip **fish**; cook until just medium, 1–2 minutes more, then transfer to a plate. Add **shallot, orange juice and zest**, and **1 tablespoon vinegar** to skillet.



2. Roast potatoes

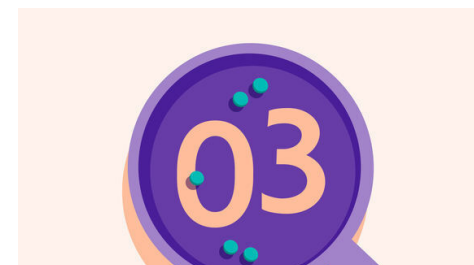
Using a small heavy skillet, firmly smash **each potato** until about ½-inch thick. Season with **salt** and **pepper**. Bake on bottom oven rack until golden brown and crisp, flipping halfway, 30–40 minutes.

In a medium nonstick skillet, toast **walnuts** over medium-high heat, 2–3 minutes; transfer to a plate. Pick **parsley leaves** from stems and finely chop. Finely chop **half the shallot**.



5. Make sauce

Cook over high heat until reduced by half, 2–3 minutes. Remove from heat and whisk in **cold butter** until **sauce** is opaque and creamy. Add **parsley**; season with **salt** and **pepper**.



3. Prep ingredients

Finely grate **1 teaspoon orange zest**; squeeze **¼ cup orange juice**. Cut away peel and pith from remainder of orange; cut flesh into ½-inch pieces. Cut **4 tablespoons butter** into ½-inch pieces; keep cold.

Pat **fish** dry; season all over with **salt** and **pepper**. In same skillet, heat **1 tablespoon oil** over medium-high until just starting to smoke. Add fish, skin side down.



6. Finish & serve

In a large bowl, toss together **arugula, orange, Parmesan**, and **walnuts** with **3 tablespoons oil** and **1 tablespoon vinegar**; season with **salt** and **pepper**.

Serve with **fish, butter sauce**, and **potatoes**. Enjoy!