



Salmon Meunière

with Sautéed Green Beans & Mashed Potatoes



30-40min



2 Servings

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! Meunière 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 ¹
- 1 oz capers

What you need

- 4 Tbsp butter ²
- kosher salt & ground pepper
- olive oil
- all-purpose flour (or gluten-free alternative)

Tools

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

Allergens

Fish (1), Milk (2). 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.



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.



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 **⅓ 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.



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 fillet 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.



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.



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!