

DINNERLY



Seared Salmon & Gravy

with Roasted Potatoes & Green Beans



30-40min



2 Servings

What can top a classic chicken and gravy dinner? Only a perfectly tender salmon filet. We've got you covered!

WHAT WE SEND

- 1 russet potato
- ½ lb green beans
- 1 shallot
- 8 oz pkg salmon filets ⁴
- ¼ oz steak seasoning

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- all-purpose flour (or gluten-free alternative)
- white wine vinegar (or apple cider vinegar) ¹⁷

TOOLS

- rimmed baking sheet
- medium nonstick skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 730kcal, Fat 41g, Carbs 59g, Protein 37g



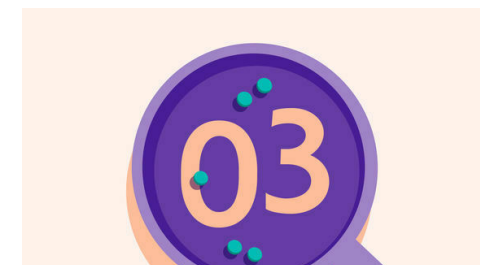
1. Roast potatoes

Preheat oven to 450°F with rack in center. Scrub **potato**, then cut into ½-inch thick wedges. On a rimmed baking sheet, toss potatoes with **1 tablespoon oil**; season with **salt** and **pepper**. Roast on center oven rack until potatoes are golden and crisp underneath, 10–12 minutes.



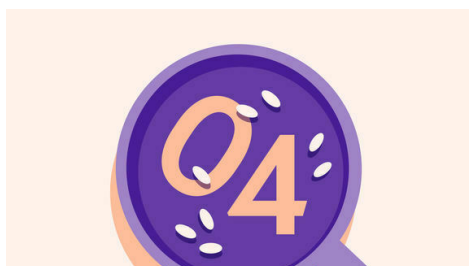
2. Prep ingredients

Trim ends from **green beans**. Cut **shallot** into quarters, then separate into pieces.



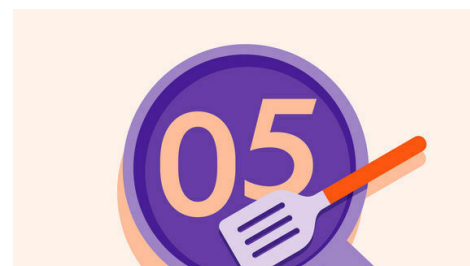
3. Cook salmon

Pat **salmon** dry; season all over with **steak seasoning**. 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. Cook until skin is charred and crisp in spots, about 4 minutes. Flip and cook until just medium, about 1 minute more. Transfer to a plate; reserve skillet with **pan drippings**.



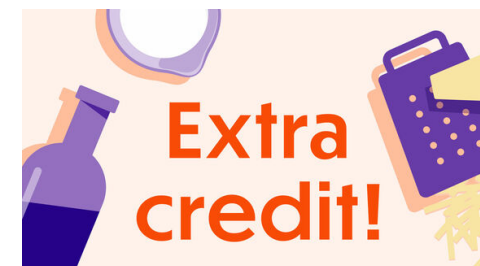
4. Roast green beans

Meanwhile, flip **potatoes** and push to one side of the baking sheet. Add **green beans** and **shallots** to other side and toss with **1 tablespoon oil**; season with **a pinch each of salt and pepper**. Roast on center oven rack until potatoes are crispy and golden underneath and green beans are tender and browned in spots, 8–10 minutes.



5. Cook gravy & serve

Heat **pan drippings** in reserved skillet over medium-high. Whisk in **½ tablespoon flour**, scraping up browned bits from bottom. Whisk in **½ cup water** and **¼ teaspoon vinegar**. Bring to a boil. Cook until gravy thickens enough to coat back of a spoon, 1–2 minutes; season to taste with **salt**. Serve **salmon** with **gravy** spooned on top alongside potatoes and green beans. Enjoy!



6. Make it low carb!

We have nothing against potatoes. But, we love how easy it is to swap these roasted spuds for a low-carb variation like roasted root veggies. Cut veggies like carrots, parsnips, and jicama into ½-inch planks. Toss on baking sheet with oil; season with salt and pepper. Roast, shaking baking sheet halfway through, until browned and tender, 15–20 minutes.