

# 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 <sup>4</sup>
- 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) <sup>17</sup>

### 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



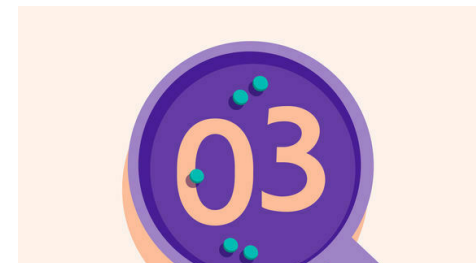
#### 1. Roast potatoes

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.



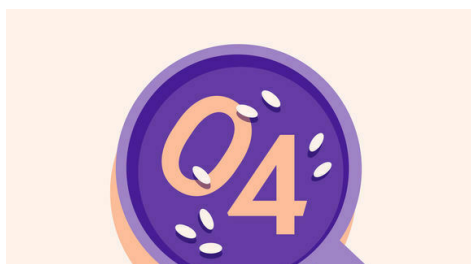
#### 2. Prep ingredients

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



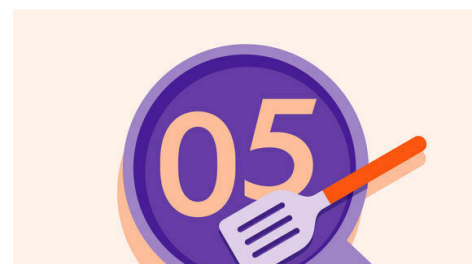
#### 3. Cook salmon

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**.



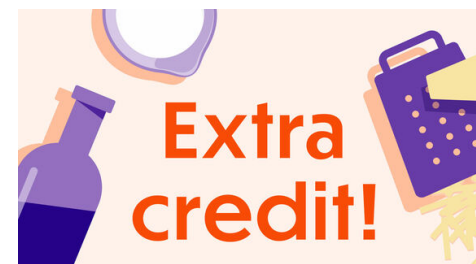
#### 4. Roast green beans

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.