



Tuscan-Spiced Salmon

with Mashed Potatoes & Green Beans

 20-30min  2 Servings

The herby flavors of Tuscany are simply irresistible, especially for seasoning tender salmon filets. We elevated a beloved dinnertime trio—protein, mashed potatoes, and green beans—with dollops of an herb-flecked garlicky, compound butter.

What we send

- 2 potatoes
- ¼ oz Tuscan spice blend
- ½ lb green beans
- 10 oz pkg salmon filets ⁴

What you need

- kosher salt & ground pepper
- olive oil
- butter ⁷

Tools

- medium saucepan
- potato masher or fork
- microplane or box grater
- rimmed baking sheet
- medium skillet

Allergens

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

Nutrition per serving

Calories 750kcal, Fat 46g, Carbs 50g, Protein 35g



1. Make mashed potatoes

Peel **potato**, then cut into 1-inch pieces. Transfer to a medium saucepan with **2 teaspoons salt**; cover with ½ inch water. Cover and bring to a boil. Cook, uncovered, until tender, 6–7 minutes. Reserve **2 tablespoons cooking water**. Drain; return to saucepan. Add **2 tablespoons butter** and reserved cooking water. Mash until smooth. Season to taste with **salt** and **pepper**.



2. Make compound butter

Meanwhile, peel and finely grate **¼ teaspoon garlic** into a small bowl. Add **1 tablespoon butter**, mashing with a fork to soften and combine. Season with **a pinch each salt and pepper** and **1 teaspoon Tuscan spice**.



3. Prep green beans

Preheat broiler with top rack 6 inches from heat source. Trim **green beans**, then transfer to a rimmed baking sheet and toss with **2 teaspoons oil** and **a generous pinch each salt and pepper**.



4. Season salmon

Pat **salmon** dry, then season all over with **salt** and **pepper**.



5. Cook salmon

Heat **1 tablespoon oil** in a medium skillet over medium-high. Reduce heat to medium; add **salmon**, skin side down. Press each filet firmly for 10 seconds with back of a spatula. Cook, occasionally pressing gently on filets, until skin is well browned and very crisp and fish is almost cooked through, about 5 minutes. Flip fish; cook until it is just medium, about 1 minute more.



6. Finish & serve

Broil **green beans** on top oven rack until tender and browned in spots, 3–6 minutes (watch closely, as broilers vary). Spread some of the **compound butter** on top of each **salmon**. Serve with **mashed potatoes** and **green beans** alongside. Enjoy!