

DINNERLY



French Onion Pan-Seared Salmon with Parmesan Mashed Potatoes



30-40min



2 Servings

French onion soup lovers, this one's for you. BUT, instead of cheesy bread, we're giving you a Parmesan mash that's sure to have the whole fam joining the clean-plate club. Not to mention, this seared salmon is perfect for dipping in the rich onion-based pan sauce, aka, liquid gold. We've got you covered!

WHAT WE SEND

- 2 potatoes
- 1 yellow onion
- 10 oz pkg salmon filets ¹
- ¼ oz granulated garlic
- 1½ oz Worcestershire sauce ¹
- ¾ oz Parmesan ²

WHAT YOU NEED

- kosher salt & ground pepper
- 4 Tbsp butter ²
- neutral oil
- red wine vinegar (or white wine vinegar)
- ⅓ cup milk ²

TOOLS

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

ALLERGENS

Fish (1), Milk (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

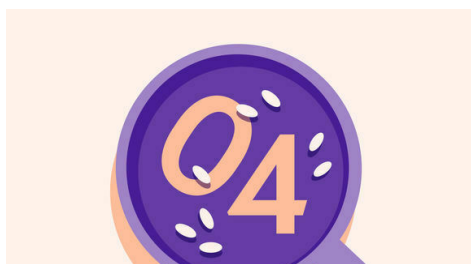
NUTRITION PER SERVING

Calories 860kcal, Fat 54g, Carbs 55g, Protein 40g



1. Cook potatoes

Peel **potatoes** (or leave skins on and scrub clean); cut into 1-inch pieces. Transfer to a medium pot with **1 teaspoon salt** and enough **water** to cover by 1 inch. Cover and bring to a boil over high heat. Uncover and cook until easily pierced with a fork, about 10 minutes. Drain and return potatoes to pot off heat with **2 tablespoons butter**. Cover to keep warm until step 5.



4. Make pan sauce

While skillet is still hot, return **caramelized onions** to skillet off heat. Stir in **¼ teaspoon granulated garlic**, **Worcestershire sauce**, and **1 teaspoon vinegar** until combined.

Into pot with **potatoes**, finely grate **Parmesan**, if necessary.



2. Caramelize onions

While **potatoes** cook, thinly slice **half of the onion** (save rest for own use).

Melt **2 tablespoons butter** in a medium nonstick skillet over medium-high. Add onions; cook, stirring occasionally, until starting to soften, 5–6 minutes. Reduce heat to medium-low; cook, stirring, until deeply browned and jammy, 8–10 minutes; transfer to a plate and set aside.



5. Finish potatoes & serve

Return saucepan with **potatoes and Parmesan** over medium heat; add **⅓ cup milk**. Mash with a potato masher or fork until smooth; season to taste with **salt** and **pepper**.

Serve **salmon** with **mashed potatoes** alongside. Top with **French onion pan sauce**, **a few grinds of pepper**, and **a pat of butter**, if desired. Enjoy!



3. Cook salmon

Pat **salmon** dry.

Heat **1 tablespoon oil** in same skillet over medium-high. Reduce heat to medium; add fish, 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 just medium, about 1 minute more.



6. Side veggies!

As good as salmon and cheesy mashed potatoes are on their own, we always try to get our veggies in at dinner time. Roast some broccoli or carrots to serve on the side!