MARLEY SPOON

Seared Salmon & Citrus Butter Sauce

with Smashed Potatoes & Shaved Brussels Salad

1h 2 Servings

There's so much beauty on this plate that we don't know where to start! Smashing softened potatoes thin increases the surface area to maximize their crispy potential. The crunchy smashed potatoes and tender seared salmon perfectly complement a buttery pan sauce of orange zest and juice, capers, and parsley. A crisp salad of shaved Brussels sprouts, almonds, and Parmesan brings delightful taste and texture to a bountiful plate.

What we send

- ½ lb baby potatoes
- ½ lb Brussels sprouts
- 1 oz sliced almonds [3]
- 1 orange
- ¼ oz fresh parsley
- 1 shallot
- 2 (¼ oz) Dijon mustard
- ¾ oz Parmesan [2]
- 10 oz pkg salmon filets [1]
- 1 oz capers

What you need

- olive oil
- kosher salt & ground pepper
- white wine vinegar (or red wine vinegar)
- 4 Tbsp unsalted butter [2]
- sugar

Tools

- microwave
- rimmed baking sheet
- small heavy skillet
- microplane or grater
- medium nonstick skillet

Allergens

Fish (1), Milk (2), Tree Nuts (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 1140kcal, Fat 88g, Carbs 50g, Protein 44g

1. Prep potatoes

Preheat oven to 450°F with a rack in the lowest position. Scrub **potatoes**; prick all over with a fork. Place on a plate in a single layer and microwave until soft and easily pierced through the center with a knife, flipping halfway through, 5–10 minutes.

Drizzle a rimmed baking sheet with **2 tablespoons oil**. Transfer **potatoes** to baking sheet and shake sheet to coat.

2. Roast potatoes

Using a small heavy skillet, firmly smash **potatoes** until about ½-inch thick. Season with **salt** and **pepper**. Bake on bottom oven rack until golden brown and crisp, flipping halfway, 15–20 minutes.

Thinly slice **Brussels sprouts** crosswise into ribbons; discard ends. In a medium nonstick skillet, toast **almonds** over medium-high heat, 2–3 minutes; transfer to a plate. Reserve skillet.

3. Prep ingredients

Finely grate **2 teaspoons orange zest**. Into a small bowl, squeeze **¼ cup orange juice**; stir in half the orange zest and **1 tablespoon vinegar**. Remove peel and pith from **remaining orange**; cut flesh into ½-inch pieces.

Pick **parsley leaves** from stems; finely chop. Finely chop **half the shallot**; thinly slice other half. Cut **4 tablespoons butter** into ½-inch pieces; keep cold.

4. Make salad

Finely grate **Parmesan**, if necessary.

In a large bowl, whisk together **mustard, remaining orange zest, 1 tablespoon vinegar**, and **1 teaspoon sugar**. Gradually whisk in **3 tablespoons oil**. Add **Brussels sprouts, Parmesan, orange pieces, almonds**, and **sliced shallot**; toss well to coat and season to taste with **salt** and **pepper**.

5. Cook fish

Pat **fish** dry; season all over with **salt** and **pepper**.

In reserved skillet, heat **1 tablespoon oil** over medium-high until just starting to smoke. Add **fish**, skin side down. Gently press filets with a spatula, 10 seconds. Lower heat to medium and cook until skin is well browned and flesh is almost cooked through, 4–5 minutes. Flip **fish**; cook until just medium, 1–2 minutes more.

6. Make sauce; serve

Transfer **fish** to a plate. Add **chopped shallot** and **orange juice mixture** to skillet. Cook over high heat until reduced by half, 2–3 minutes. Remove from heat and whisk in **cold butter** until sauce is opaque and creamy. Add **parsley** and **capers**; season with **salt** and **pepper**. Serve **fish** with **butter sauce, potatoes**, and **salad**. Enjoy!