

# DINNERLY



## Herby Pecan-Crusted Salmon with Creamy Sweet Potato Mash & Broccoli



30-40min



2 Servings

Level up your dinner menu with this PremiYUM recipe! Our obsession for salmon knows no bounds, so we had to dress it up in a topping that only this fish could pull off. Crispy, crunchy pecans and panko combine with fresh thyme to take your filet from wow to WOWZA. A side of sweet potato mash is made extra smooth and rich with cream cheese, while crisp-tender broccoli brings even more color to your plate. We've got you covered!

## WHAT WE SEND

- 2 sweet potatoes
- 1 oz pecans <sup>3</sup>
- ¼ oz fresh thyme
- 1 lemon
- 1 oz panko <sup>4</sup>
- ½ lb broccoli
- 8 oz pkg salmon filets <sup>1</sup>
- 1 oz cream cheese <sup>2</sup>

## WHAT YOU NEED

- garlic
- kosher salt & ground pepper
- olive oil
- butter <sup>2</sup>

## TOOLS

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

## ALLERGENS

Fish (1), Milk (2), Tree Nuts (3), Wheat (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

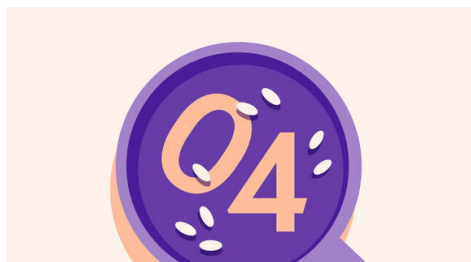
Calories 890kcal, Fat 53g, Carbs 77g, Protein 33g



### 1. Boil sweet potatoes

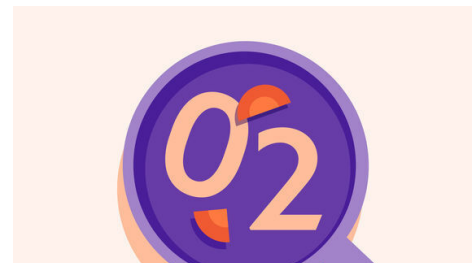
Preheat oven to 425°F with a rack in the lower third.

Peel **sweet potatoes**; cut into 1-inch pieces. Place in a medium saucepan with **1 peeled garlic clove** and enough **salted water** to cover by 1 inch. Cover; bring to a boil. Uncover and cook until easily pierced with a fork, about 8 minutes. Reserve **¼ cup cooking water**, then drain and return to saucepan off heat. Cover to keep warm.



### 4. Roast broccoli & salmon

Roast **salmon and broccoli** on lower oven rack until broccoli is tender and browned in spots, and salmon is cooked through, 12–13 minutes.

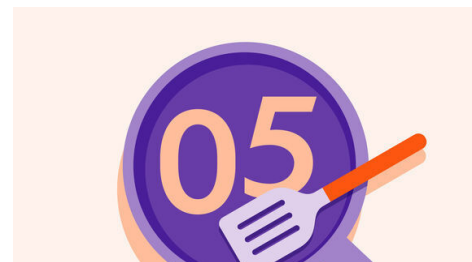


### 2. Prep pecan coating

Finely chop **pecans**. Finely chop 2 **teaspoons thyme**.

Finely grate **½ teaspoon lemon zest** into a shallow bowl. Add **panko, pecans, half of the chopped thyme**, and **1½ tablespoons oil**. Season with **salt and pepper**; rub with your fingers to combine.

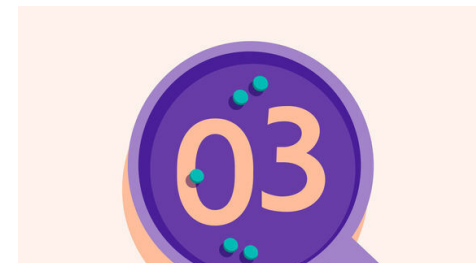
Cut **lemon** into wedges.



### 5. Mash potatoes & serve

Return **sweet potatoes** to medium heat; add **cream cheese, remaining chopped thyme, 1 tablespoon butter**, and **reserved cooking water**. Using a potato masher or fork, mash well to combine. Season to taste with **salt and pepper**.

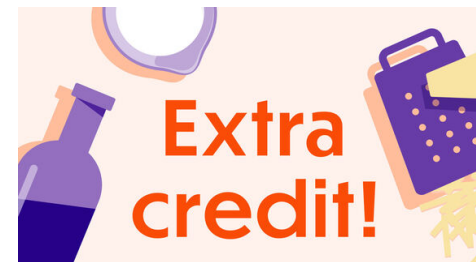
Serve **pecan-crusted salmon** with **roasted broccoli, sweet potato mash**, and **lemon wedges**. Enjoy!



### 3. Prep broccoli & salmon

Cut **broccoli** into 1-inch florets, if necessary. Transfer to one half of a rimmed baking sheet; toss with **1 tablespoon oil** and season with **salt and pepper**.

Pat **salmon** dry and season all over with **salt**. Transfer to open side of baking sheet, skin-side down. Mound **some of the pecan coating** over top. Lightly drizzle with **oil**.



### 6. Pro tip!

Before cutting the lemon, place it on a flat surface. Roll it a few times under the palm of your hand using medium pressure. This helps loosen up the inside of the lemon so you have more juice to squeeze!