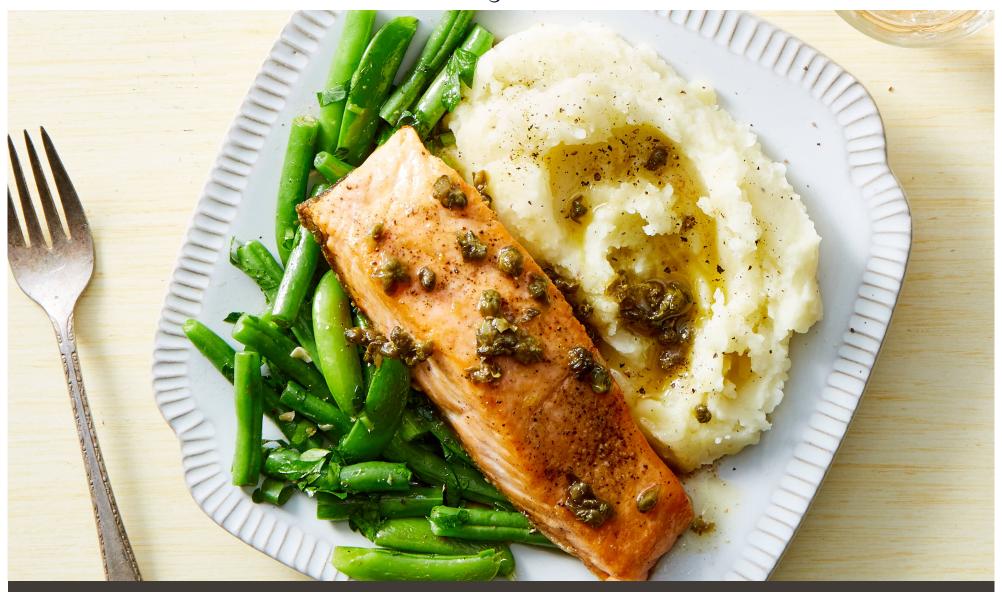
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Salmon Meuniére

with Sautéed Green Beans & Mashed Potatoes





30-40min 4 Servings

French cuisine is iconic; the flavors and techniques are flawless. Yet, it can be complicated to prepare. We take the guesswork out of mastering French cooking at home! Meuniére is a butter-based sauce full of briny capers and zesty lemon. It's the perfect bright sauce for coating pan-roasted salmon fillets. With mashed potatoes and sautéed veggies on the side, this plate is sure to transport you to your favorite bistro.

What we send

- qarlic
- ½ lb green beans
- ½ lb snap peas
- ¼ oz fresh parsley
- 4 potatoes
- 1 lemon
- 2 (10 oz) pkgs salmon filets 4
- 2 (1 oz) capers ¹⁷

What you need

- 8 Tbsp butter ⁷
- kosher salt & ground pepper
- olive oil
- all-purpose flour (or glutenfree alternative)

Tools

- · microplane or grater
- large saucepan
- potato masher or fork
- large nonstick skillet

Allergens

Fish (4), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 870kcal, Fat 59g, Carbs 51g, Protein 36g



1. Prep ingredients

Finely chop **1 teaspoon garlic**. Trim ends from green beans and snap peas; cut green beans in half crosswise. Coarsely chop parsley leaves and stems. Peel potatoes, then cut into 1-inch pieces. Take 8 tablespoons butter out to soften until step 6. Finely grate ½ teaspoon lemon zest and squeeze 2 tablespoons lemon juice into a small bowl; set aside for step 6.



4. Season salmon

Pat **salmon** dry, then season all over with salt and pepper. Lightly dust both of each fillet with **flour**, pressing lightly to help flour adhere.



2. Cook potatoes

Transfer **potatoes** to a large saucepan. Add 2 teaspoons salt and enough water to cover by ½ inch. Cover; bring to a boil. Uncover; cook until tender, 6-7 minutes. Reserve ²/₃ cup cooking water; drain and return to saucepan. Add 2 tablespoons oil and reserved cooking water. Use a potato masher or fork to mash until smooth. Season with salt and pepper. Cover to keep warm.



3. Sauté vegetables

Heat **2 teaspoons oil** in a large nonstick skillet over medium-high. Add green beans and snap peas; season with salt and **pepper**. Cook, stirring, until crisptender, 3-4 minutes. Add garlic and cook, stirring, until fragrant, about 30 seconds. Transfer to a bowl and toss with parsley. Cover to keep warm until ready to serve. Wipe out skillet and reserve for step 5.



5. Cook salmon

Heat 2 tablespoons oil in reserved skillet over medium-high until shimmering. Reduce heat to medium, then add **salmon**, skin side down. Use back of a spatula to press firmly on each fillet for 10 seconds. Continue to cook, occasionally pressing gently on fillets, until skin is browned, 2-3 minutes. Flip and cook until salmon is browned and medium-rare, 2-3 minutes more. Transfer to plates.



6. Make sauce & serve

Add softened butter and capers to same skillet. Cook over medium-high, stirring, until golden flecks appear and smells nutty, 2-3 minutes (watch closely). Remove from heat. Stir in lemon juice, lemon zest, and 2 tablespoons water. Season to taste with **salt** and **pepper**. Serve salmon with **sauce** spooned on top, with mashed potatoes and veggies alongside. Enjoy!