



Staff Pick

# Preserved Lemon-Butter Salmon

with thyme mashed potatoes & zucchini

NUTRITION per serving–Calories: 606, Carbohydrates: 41g, Fat: 37g, Protein: 39g, Sodium: 1524mg. Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients \*Nutrition & allergen information may vary by protein. Please review protein and meal labels for details.

Prep & Cook Time 30-40 min.

Cook Within

3 days

Spice Level 
 Spice Level

Not Spicy

## (i) You will need

Olive Oil, Salt, Pepper, Cooking Spray Medium Pot, Colander, Medium Non-Stick Pan, Baking Sheet, Mixing Bowl

# Before you cook

Take a minute to read through the recipe before you start-we promise it will be time well spent!

- ☐ Preheat oven to 400 degrees
- ☐ Set **butter** on counter to soften
- ☐ Thoroughly rinse produce and pat dry
- ☐ Prepare a baking sheet with foil and cooking spray



#### Cook the Potatoes

- Stem and mince thyme.
- Quarter **potatoes**. Bring a medium pot with potatoes, 4 cups water, and 1 tsp. salt to a boil. Once boiling, cook until forktender 15-18 minutes
- Reserve ½ cup potato cooking water. Drain potatoes in a colander and return to pot. Add sour cream, half the potato cooking water, thyme, ¼ tsp. salt, and a pinch of **pepper**. Mash until smooth. If dry, add remaining potato cooking water, 1 Tbsp. at a time. Cover and set aside.
- While potatoes boil, prepare ingredients.



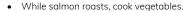
## Prepare the Ingredients

- Mince preserved lemons.
- Trim zucchini ends, halve lengthwise, and cut into 1/4" half-
- Mince garlic.
- Pat salmon dry, and season flesh side with 1/4 tsp. salt and a pinch of pepper.
- If using wild-caught salmon or chicken breasts, pat dry and season both sides same amount.



#### Cook the Salmon

- Place a medium non-stick pan over medium-high heat. Add 1 tsp. olive oil and salmon, skin-side up, to hot pan. Sear on one side until golden brown, 2-4 minutes.
- Transfer to prepared baking sheet, seared-side up. Roast until salmon reaches a minimum internal temperature of 145 degrees, 7-10 minutes.
- Reserve pan; no need to wipe clean.
- If using wild-caught salmon, sear in a medium non-stick pan over medium heat with 2 tsp. olive oil, 2-4 minutes on one side. Then follow same instructions, roasting until salmon reaches a minimum internal temperature of 145 degrees, 6-8 minutes. If using chicken breasts, sear in a medium non-stick pan over medium heat with 1 tsp. olive oil, 4-5 minutes on one side. Then follow same instructions, roasting until chicken reaches a minimum internal temperature of 165 degrees, 6-8 minutes.





### Cook the Vegetables

- Return pan used to cook salmon to medium heat and add 1 tsp. olive oil.
- Add zucchini, garlic, seasoning blend, and a pinch of salt and pepper to hot pan. Stir occasionally until zucchini is tender. 3-4 minutes.
- Remove from burner



### Make Compound Butter and Finish Dish

- In a mixing bowl, combine softened butter and preserved lemon. Form into two equal-sized mounds.
- Plate dish as pictured on front of card, topping salmon with compound butter mound. Bon appétit!

