

Steakhouse Salmon

with Thyme-Sautéed Potatoes, Green Beans & Mushrooms

Chefs, classic steakhouses offer gourmet options beyond steak—they also dress up seafood incredibly well. Here, we're serving pan-seared salmon over a tasty medley of vegetables: tender potatoes and mushrooms, along with one of summer's early harvests of crisp, verdant green beans. It all comes together with fresh thyme and a bright lemon vinaigrette.

Blue Apron Wine Pairings

Tathata Pinot Grigio, 2015

Le P'tit Paysan Chardonnay, 2015



Ingredients

2 Skin-On Salmon Fillets
6 Ounces Green Beans
4 Ounces Cremini Mushrooms
1 Lemon
¾ Pound Yukon Gold Potatoes
1 Bunch Thyme

Knick Knacks

1 Shallot
1 Tablespoon Whole Grain Dijon Mustard

Makes: 2 servings | **Calories:** about 690 per serving

Prep Time: 10 minutes | **Cook Time:** 30–40 minutes

Instructions

For cooking tips & tablet view, visit blueapron.com/recipes/888

1



Prepare the ingredients:

Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Medium dice the potatoes. Pick the thyme leaves off the stems; discard the stems and roughly chop the leaves. Snap off and discard the stem ends of the green beans. Thinly slice the mushrooms. Quarter and deseed the lemon. Peel and mince the shallot to get 2 tablespoons (you may have extra); place in a bowl with the juice of all 4 lemon wedges.

2



Brown the potatoes:

In a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **potatoes**; season with salt, pepper and **all but a pinch of the thyme**. Cook, stirring occasionally, 10 to 12 minutes, or until lightly browned and slightly softened.

3



Blanch the green beans:

While the potatoes cook, fill a medium bowl with ice water and set aside. Add the **green beans** to the pot of boiling water and cook 2 to 3 minutes, or until bright green and slightly softened. Drain thoroughly and transfer to the bowl of ice water; set aside to stand until the cooked green beans are cool. Drain thoroughly.

4



Add the mushrooms & green beans:

Add the **mushrooms** to the pan of potatoes and cook, stirring occasionally, 8 to 10 minutes, or until browned and slightly crispy. Add the **blanched green beans**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until heated through. Transfer the cooked vegetables to a large bowl and set aside in a warm place. Wipe out the pan.

5



Cook the salmon:

Pat the **salmon fillets** dry with paper towels; season with salt and pepper on both sides. In the pan used to cook the vegetables, heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned fillets, skin sides down; cook 2 to 3 minutes per side, or until browned and cooked to your desired degree of doneness. Remove from heat.

6



Dress the vegetables & plate your dish:

While the salmon cooks, to make the vinaigrette, add the **mustard** to the **shallot-lemon juice mixture**; season with salt and pepper to taste. Slowly whisk in **2 tablespoons of olive oil** until well combined. To the bowl of **cooked vegetables**, add enough of the vinaigrette to coat (you may have extra vinaigrette); toss to combine and season with salt and pepper to taste. Divide the dressed vegetables and **cooked salmon fillets** between 2 dishes. Garnish with the **remaining thyme**. Enjoy!