

## Crispy-Skin Salmon

with Creamy Charred Broccoli Mash



20-30min



4 Servings

Mascarpone is a very soft Italian cream cheese with a fresh milky, almost sweet flavor, and a super-smooth texture. For this keto-friendly dish, mascarpone cheese adds a luxe creaminess to charred broccoli mash, served alongside crispy-skin salmon and a summer plum tomato salad.



## What we send

- broccoli
- mascarpone <sup>7</sup>
- garlic
- plum tomatoes
- basil pesto <sup>7</sup>
- skin-on salmon fillets <sup>4</sup>

## What you need

- kosher salt & ground pepper
- olive oil
- red wine vinegar

## Tools

- nonstick skillet
- potato masher or fork

## Allergens

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

## Nutrition per serving

Calories 700kcal, Fat 59g, Carbs 6g, Proteins 35g



### 1. Prep ingredients

Preheat oven to 250°F with a rack in the center position. Starting at the stem end, thinly slice **broccoli stems**, stopping at the **florets**. Coarsely chop florets into 1-inch pieces. Halve **tomato** lengthwise, then thinly slice crosswise into half-moons. Peel and finely chop **2 large garlic cloves**.



### 4. Finish broccoli mash

Off the heat, add **mascarpone** and, using a potato masher or fork, mash to a coarse puree. Cook over medium-low heat until thickened, about 1 minute. Add **4 tablespoons butter** and season with **salt and pepper**; stir to melt. Transfer to an ovenproof bowl, cover, and keep warm in the oven until step 6. Rinse and dry skillet.



### 2. Make tomato salad

In a medium bowl, combine **tomatoes**, **half of the chopped garlic**, **1 tablespoon vinegar**, **3 tablespoons oil**, and **a pinch each salt and pepper**; toss to combine.



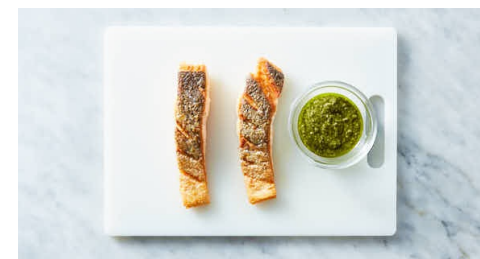
### 5. Start salmon

Pat **salmon** dry and, using a sharp knife, make very shallow slashes in the skin, ½-inch apart, on an angle for decoration (optional). Season salmon all over with **salt and pepper**.



### 3. Start broccoli mash




In a large nonstick skillet, heat **2 tablespoons oil** over medium-high until shimmering. Add **broccoli**, season with **salt**, and cook, stirring occasionally, until crisp-tender and browned in spots, about 5 minutes. Add **remaining chopped garlic** and **½ cup water**, cover; cook over medium heat until broccoli is tender and water is evaporated, about 3 minutes.



### 6. Cook salmon & serve

Heat **1 tablespoon oil** in same skillet over medium-high. Add **salmon**, skin-side down. Press firmly for 10 seconds with spatula. Cook, pressing gently, until skin is browned and crisp and salmon is nearly cooked, 4-5 minutes. Flip salmon and cook, 1 minute, until just done. Serve **salmon** with **pesto**, **broccoli mash**, and **tomato salad** alongside. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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