



Garlic Pesto Salmon

with Rosemary Mashed Potatoes
& Sautéed Spinach

Roasted garlic pesto brings deep flavor and a perfectly caramelized crust to our tender, flaky salmon fillets. On the side, enjoy velvety mashed potatoes infused with fresh rosemary and delicately sautéed spinach to complete this elegant gourmet meal.

Ingredients

- Salmon fillets F
- Roasted garlic pesto M
- Spinach
- Mashed potatoes M
- Rosemary sprig
- Butter M

Allergens

F Fish M Milk

Supplies to Gather

- Saute pan (10 inches)
- Kitchen knife & cutting board
- Baking sheet
- Aluminum foil
- Microwave-safe bowl
- Oven mitt
- Kitchen tongs
- Spatula
- Cooking spoon
- Paper towels
- Salt & pepper
- Cooking oil

Personalized Proteins Extra Supplies

- Oven-safe saute pan (10 inches or larger)

Did You Know?

Because its pungent aroma naturally wards away pests, rosemary is commonly used in decorative landscaping.



680

Calories
Per Serving



Customer
Favorite



Not
Spicy

Let's Get Started!

Preheat the oven to **425°F** if using the convection setting, or to **450°F** for conventional ovens.

Line a baking sheet with aluminum foil and lightly grease.



Step 1

- Use your finger and thumb to strip **half** of the leaves from the **rosemary sprig**, then roughly chop those leaves. Save the remaining rosemary (on the sprig) for use in another dish, or discard.



Step 2

- ** Pat the **salmon fillets** dry with paper towels, then season both sides with salt and pepper. Place the salmon fillets skin-side down onto the lined baking sheet.
- Use a spoon to evenly spread the **roasted garlic pesto** onto the salmon fillets as desired. Place the baking sheet into the oven and bake for 10-12 min, or until cooked to your liking. (We recommend cooking salmon to **medium** doneness). **Use an oven mitt to carefully remove the baking sheet from the oven**, and set aside.



Step 3

- Meanwhile, place a sauté pan onto the stovetop, add the **butter** with ½ tbsp. of cooking oil, and set the heat to **medium**. When the butter is melted, **carefully** add the **spinach** and cook for 2 min, or until wilted. Season to taste with salt and pepper. **Turn off the heat** and spoon the spinach onto your serving plates.

**Personalized Proteins!

Follow all other listed cooking directions, but use the alternate steps below to prepare your selected protein.

Skinless Chicken Breasts – 590 cal

Place an oven-safe sauté pan onto the stovetop, add 1 tbsp. of cooking oil, and set the heat to **medium**. When the oil is hot, **carefully** place the **chicken breasts** into the pan. Cook for 3 min, then use tongs to turn over the chicken. Cook for 2 additional min, then use a spoon to evenly spread the **roasted garlic pesto** over the chicken breasts.

Place the pan into the oven and cook for 5-6 min, or until the chicken is cooked through. **Use an oven mitt to carefully remove the baking sheet from the oven**. Set aside to cool slightly before serving.

Mt. Cook King Salmon Fillets – 600 cal

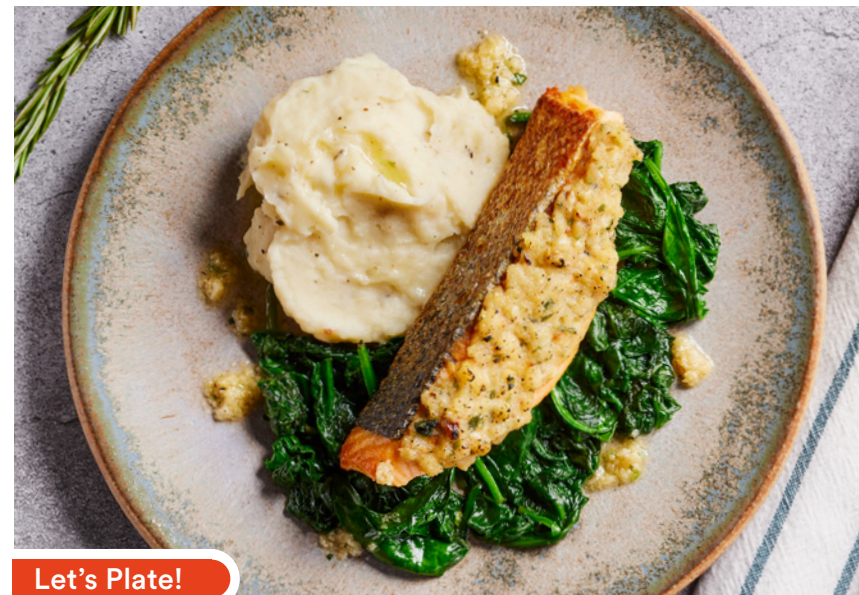
Follow the recipe as written.

Note: Calories listed are the total calories (per serving) including the alternate protein.



Step 4

- Place the **mashed potatoes** into a microwave-safe bowl and add your desired amount of the chopped **rosemary** (start with a small pinch). Cover the bowl with a damp paper towel and microwave for 90 sec. Stir, then microwave for 1 additional min.



Let's Plate!

Spoon the rosemary mashed potatoes alongside the sautéed spinach. Place the salmon on top of the potatoes.