

My Favorite Salmon with Creamy Mashed Potatoes and Broccoli

Sometimes, the best meals are the ones that are both simple and classic. This



TIME
30 min

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INGREDIENTS

1 salmon fillet (approx. 6 oz)
1/2 teaspoon dried dill or Italian herbs
1 teaspoon olive oil or butter
Salt and black pepper, to taste
Mashed Potatoes: 2 medium potatoes, peeled and cubed
1 tablespoon butter
1/4 cup milk (or cream)
Salt, to taste
Broccoli: 1 cup broccoli florets

DIRECTIONS

1. Prepare the : Mashed Potatoes: Place the peeled and cubed potatoes in a pot of generously salted water. Bring to a boil and cook for about 12-15 minutes, or until the potatoes are fork-tender. Drain the potatoes well and return them to the pot. Add the butter and milk (or cream) and mash until they are smooth and creamy. Season with salt to taste.
2. Steam the : Broccoli: While the potatoes are cooking, you can steam the broccoli. Place a steamer basket in a pot with a little water and bring to a simmer. Add the broccoli florets to the basket, cover, and steam for 4-5 minutes, or until they are bright green and slightly tender. Season lightly with salt.
3. Cook the : Salmon: Pat the salmon fillet completely dry with a paper towel. Season it generously with salt, black pepper, and your choice of herbs. Heat the olive oil or butter in a non-stick skillet over medium-high heat. Place the salmon in the hot skillet, skin-side down if it has skin (or the presentation side down), and sear for 3-4 minutes until it's golden and crispy. Flip the salmon and cook for another 2-3 minutes, or until it is cooked through and flakes easily with a fork.
4. Assemble the : Plate: Spoon the creamy mashed potatoes onto the center of your plate. Top with the perfectly cooked salmon fillet and place the steamed broccoli on the side. Optionally, you can garnish with a little extra dill or a squeeze of fresh lemon juice.
5. Enjoy: Serve immediately and savor this simple yet delicious meal.

SWAPS & NOTES

Salmon: This recipe works best with a high-quality salmon fillet.

You can use other fish like cod or halibut, but the cooking times may need to be adjusted slightly.

Herbs: Dried dill is a classic pairing for salmon.

If you don't have it, Italian herbs or a pinch of fresh parsley would also be delicious.

TIPS FOR SUCCESS

Pat the Salmon Dry: This is the most important step for getting a beautiful, golden-brown sear.

Moisture will cause the salmon to steam instead of sear.

Hot Pan: Make sure your skillet is hot before you add the salmon.

This helps prevent sticking and gives you a better crust.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/my-favorite-salmon-with-creamy-mashed-potatoes-and-broccoli/>