



Roasted Salmon

with White Beans, Creamy Spinach, and Croutons

Crispy croutons bring incredible crunch to all the rich and creamy going on in tonight's simple yet elegant dish. Cut the French bread into cubes with a knife, or just use your hands to tear into uneven croutons for that rustic, relaxed, "Oh this? This was no big deal!" look.

25–35 minutes 790 calories per serving

✦ Ingredients

- 1 can white beans
- ½ pint grape tomatoes
- 3 ounces baby spinach
- ⅛ ounce chives, divided
- 2 cloves garlic
- 1 French bread roll
- 10 ounces salmon
- 2 packets unsalted butter
- 1 tablespoon flour
- 1 container heavy cream

- 2oz.

🔪 You'll need

- olive oil
- kosher salt
- black pepper
- 2 baking sheets
- aluminum foil
- 12" large high-sided pan

💡 Recipe tips

Be sure to read through the entire recipe before you begin cooking. Trust us—you'll be glad you did!

Excess moisture on the white beans or tomatoes could create steam during roasting; thoroughly drying helps the beans turn crispy at the edges. Patting the spinach dry is worthwhile, too, so the cream sauce stays thick and adheres to every leaf when combined in Step 5.

USDA recommends cooking fish to 145°F.



1. Prepare ingredients

Preheat oven to 450°F. Drain and rinse **white beans**. Rinse all produce. Pat **grape tomatoes, spinach, and white beans** dry with paper towel (see recipe tip). Thinly slice **chives**. Thinly slice **garlic**. Tear or cut **French roll** into bite-size croutons. On a baking sheet, toss **croutons** with **1 tablespoon olive oil** and **¼ teaspoon salt**, then spread in a single layer and bake until toasted and golden, 4–5 minutes.



2. Prepare tomatoes and beans

While croutons bake, line a separate baking sheet with aluminum foil. On 1 half of prepared sheet, toss **white beans and grape tomatoes** with **1 tablespoon olive oil, ½ teaspoon salt,** and **pepper** as desired to combine, then arrange in a single layer.



3. Roast salmon, tomatoes, and beans

Pat **salmon** dry with paper towel and place skin-side down on other half of sheet with beans and tomatoes. Season tops of fish with **½ teaspoon salt** and **pepper** as desired, then drizzle over **2 teaspoons olive oil** and rub in seasoning. Roast until beans are slightly browned and crispy, tomatoes are blistered, and salmon is cooked through and opaque, 12–14 minutes.



4. Make cream sauce

While salmon, tomatoes, and beans roast, heat **butter** in a large high-sided pan over medium-high heat. When butter is foamy, add **garlic** and sauté, stirring, until soft and fragrant, 1–2 minutes. Add **flour**, reduce heat to medium, and cook, stirring, until flour is lightly browned, 2–3 minutes. Whisk in **½ cup water** and cook, whisking continuously, until thickened, 1 minute. Whisk in **heavy cream** to warm through, 30 seconds more.



5. Finish creamy spinach

Remove pan from heat, and season **cream sauce** with **½ teaspoon salt** and **pepper** as desired. Stir in **spinach** and **half of chives** to coat and slightly wilt spinach.



6. Plate salmon

Divide **creamy spinach** and **roasted white beans and tomatoes** between serving plates. Top with **roasted salmon**. Scatter over **croutons**, and garnish with **remaining chives**. Dig in!

Questions? Email help@plated.com or call 855-525-2399. Visit plated.me/allergens for more information on dietary restrictions.