

Meal 6: Instant Pot Salmon with Garlic Potatoes and Greens

Price per serving: \$1.66 per serving

Author: Food Network

Yield: 5 servings

Ingredients:

- 1 ¼ lbs small red-skinned potatoes, halved or quartered
- 4 tbsp unsalted butter
- Kosher salt and freshly ground pepper
- Four 5-6 oz skin on center cut salmon fillets (¾ to 1 inch thick)
- ¼ tsp paprika
- ½ tsp grated lemon zest, plus lemon wedges for serving
- 4 cloves garlic, minced
- 4 cups packed mixed baby spinach and arugula (about 3 ½ oz)

Instructions:

1. Put the potatoes in the bottom of an Instant Pot. Add 1 cup water, 2 tablespoons of the butter, ½ teaspoon salt and a few grinds of pepper. Place the pot's steam rack over the potatoes.
2. Rub the top and sides of the salmon fillets with the paprika and lemon zest and season with salt and pepper. Place skin-side down on the rack. Put on the lid, making sure the steam valve is in the sealing position, and set the cooker to high pressure for 3 minutes. When finished, carefully turn the steam valve to the venting position to release the pressure.
3. Remove the salmon and rack and set the cooker to sauté at normal heat. When the potatoes start sizzling, add the garlic and cook, stirring, until softened, 1 to 2 minutes; stir in the remaining 2 tablespoons butter and season with salt and pepper. Smash the potatoes with a fork or wooden spoon until chunky.
4. Turn off the cooker. Add the mixed greens to the potatoes and stir until wilted, 1 to 2 minutes. Season with salt and pepper. Divide the salmon and potato mixture amount plates. Serve with lemon wedges.

Nutrition Facts

Servings 5.0

Amount Per Serving

calories 442

% Daily Value *

Total Fat 25 g **38 %**

Saturated Fat 8 g **38 %**

Monounsaturated Fat 0 g

Polyunsaturated Fat 0 g

Trans Fat 0 g

Cholesterol 82 mg **27 %**

Sodium 858 mg **36 %**

Potassium 12 mg **0 %**

Total

Carbohydrate 29 g **10 %**

Dietary Fiber 3 g **13 %**

Sugars 0 g

Protein 27 g **55 %**

Vitamin A **20 %**

Vitamin C **3 %**

Calcium **6 %**

Iron **6 %**

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.
