



# BAKED SALMON + CREAMY MASHED POTATOES

DINNER FOR ONE



# BAKED SALMON + CREAMY MASHED POTATOES

SALMON RECIPE:

1 FILET OF SALMON

SPREAD LAYER OF SALTED BUTTER

SEASONINGS:

- GARLIC POWDER
- PAPRIKA
- SALT
- PEPPER
- OLD BAY SEASONING

~ 1 TBSP MAYONNAISE SPREAD ON TOP -

MIXING WITH LAYER OF SEASONINGS

TOAST 1 SLICE OF BREAD, ADD SEASONINGS  
OPTIONAL, AND THEN LAYER BREAD CRUMBS  
ON TOP OF SALMON

COOK SALMON AT 425 FOR ~10-15 MINS

YOU CAN ADD IN ASPARAGUS FOR 7 MINS

WITH SEASONINGS AND OLIVE OIL ON THE

SAME BAKING SHEET IF YOU WANT

CREAMY MASHED POTATO RECIPE:

BOIL 2 SMALL CUBED RUSSET POTATOES IN  
WATER - COOK UNTIL SOFT WHEN STABBED

~1.5 TBSP BUTTER

~2 TBSP HEAVY CREAM OR HALF & HALF

~ 2 TBSP SOUR CREAM

ADDED SALT + PEPPER TO TASTE