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Black-Pepper Salmon with Dill Smashed Potatoes ✦

This recipe features a delicious black-pepper seasoned salmon served with creamy dill smashed potatoes. The salmon is pan-seared to perfection, creating a crispy exterior while keeping the inside moist and tender. The dill smashed potatoes are made with butter, milk, and fresh dill, adding a burst of flavor to the dish. This recipe is perfect for a fancy dinner or a special occasion.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	salmon fillets
2 tsp	Black pepper
1 tsp	Salt

2 tbsp	olive oil
1000 g	potatoes
50 g	butter
100 ml	milk
10 g	fresh dill

Directions

Step 1

Season the salmon fillets with black pepper and salt on both sides.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Pan-searing

Heat olive oil in a pan over medium-high heat. Place the salmon fillets skin-side down and cook for 4-5 minutes until the skin is crispy. Flip the fillets and cook for an additional 2-3 minutes.

Prep Time: 5 mins

Cook Time: 8 mins

Step 3

Boiling

While the salmon is cooking, boil the potatoes until tender. Drain and return them to the pot.

Prep Time: 5 mins

Cook Time: 10 mins

Step 4

Mashing

Add butter, milk, and fresh dill to the pot with the potatoes. Mash until creamy and well combined.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Plating

Serve the black-pepper salmon with dill smashed potatoes. Enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 20 g

Protein: 20 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	20 g	71.43%	80%
Cholesterol	60 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	40 mcg	1666.67%	1666.67%
Vitamin E	6 mg	40%	40%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	6 mg	0.6%	0.6%
Iron	10 mg	125%	55.56%
Potassium	15 mg	0.44%	0.58%
Zinc	15 mg	136.36%	187.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Lunch

Dinner

Snack

Supper

Course

Sauces & Dressings

Main Dishes

Side Dishes

Desserts

Salads

Snacks

Cultural

Chinese New Year

Cinco de Mayo

Oktoberfest

Passover

Difficulty Level

Medium

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