

Panko-Crusted Mustard Salmon

with Roasted Potatoes & Waldorf-Style Salad

The Waldorf salad has a unique history. It was invented more than a century ago in New York City's legendary Waldorf Hotel, but by the maître d'hôtel—not the chef! At first, it simply consisted of apple, celery and mayonnaise (and, later, walnuts). Here, we're giving it the Blue Apron treatment and making it with apple, celery, parsley and sweet, tender Bibb lettuce as a side for breaded, mustard-coated salmon. And instead of mayo, we're making the dressing with Greek yogurt and lemon juice. It's lighter, but just as creamy, with coolness and a hint of tanginess.



Ingredients

- 4 Skinless Salmon Fillets
- $\frac{3}{4}$ Cup Panko Breadcrumbs
- $\frac{1}{2}$ Cup Greek Yogurt
- 10 Ounces Multicolored Potatoes
- 2 Stalks Celery
- 1 Apple
- 1 Head Bibb Lettuce
- 1 Lemon
- $\frac{1}{2}$ Cup Microgreens
- 1 Large Bunch Parsley

Knick Knacks

- $\frac{1}{4}$ Cup Walnuts
- $\frac{1}{4}$ Cup Dijon Mustard

Makes 4 Servings

About 515 Calories Per Serving

Cooking Time: 25 to 35 minutes



1



Prepare the ingredients:

Preheat the oven to 450°F. Wash and dry the fresh produce. Remove the salmon from the refrigerator to bring to room temperature. Cut the potatoes into bite-sized pieces. Thinly slice the celery on an angle. Roughly chop the walnuts. Cut off and discard the root end of the lettuce; separate the leaves. Quarter and deseed the lemon. Core the apple and cut into matchsticks; toss with **the juice of 1 lemon wedge** to prevent browning. Pick the parsley leaves off the stems; discard the stems.

2



Roast the potatoes:

Place the **potatoes** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange in a single, even layer and roast in the oven 18 to 20 minutes, or until browned and tender when pierced with a fork. Remove from the oven and transfer to a serving dish. Set aside.

3



Make the dressing:

While the potatoes roast, in a medium bowl, combine the **yogurt** and **the juice of the remaining lemon wedges**. Add a drizzle of olive oil and whisk until combined; season with salt and pepper to taste. Set aside.

4



Coat & bread the salmon:

While the potatoes continue to roast, place the **breadcrumbs** on a plate. Pat the **salmon fillets** dry with paper towels; season with salt and pepper on both sides. Working 1 at a time, coat 1 side of each seasoned fillet in the **mustard**, then the breadcrumbs (shaking off any excess). Place the breaded fillets on a plate.

5



Cook the salmon:

While the potatoes finish roasting, in a medium pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add the **breaded salmon fillets**, breaded sides down first, and cook 2 to 4 minutes per side, or until cooked to your desired degree of doneness. Transfer to the serving dish of roasted potatoes.

6



Make the salad & serve your dish:

In a large bowl, combine the **celery, apple, lettuce, parsley** and **walnuts**. Add enough of the **dressing** to coat the salad (you may have extra dressing); toss to coat and season with salt and pepper to taste. Transfer to a serving dish. Garnish the **cooked salmon and roasted potatoes** with the **microgreens**. Serve with any **remaining dressing** on the side. Enjoy!