

BBQ Salmon & Mashed Sweet Potatoes

with Celeriac-Apple Sauté

We're celebrating the flavors of fall in this dish, which features a pair of delectable, seasonal sides: rich mashed sweet potatoes and a celeriac-apple sauté. Once peeled, celeriac—or celery root—has plenty of crisp flavor and texture to offer. (Slicing off its tough exterior to create flat sides is an easy way to prep it.) Sautéed with tart apple, then finished with salty-sweet pecans, parsley and chives, the celeriac perfectly balances the warm flavors of the salmon's barbecue spice rub.



Ingredients

- 4 Skinless Salmon Fillets
- 1 Pound Sweet Potatoes
- 1 Celeriac
- 1 Granny Smith Apple
- 1 Bunch Parsley
- 1 Large Bunch Chives

Knick Knacks

- 2 Tablespoons Butter
- 2 Tablespoons Pecans
- 2 Teaspoons Red Wine Vinegar
- 1 Tablespoon BBQ Salmon Spice Blend
(Smoked Sweet Paprika, Sweet Paprika, Ground Fennel Seed, Ground Coriander, Garlic Powder & Light Brown Sugar)

Makes 4 Servings

About 540 Calories Per Serving

Prep Time: 15 min | Cook Time: 20 to 30 min

1



Prepare the ingredients:

Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Peel and large dice the sweet potatoes. Using a sharp, sturdy knife, peel and small dice the celeriac. Roughly chop the pecans. Pick the parsley leaves off the stems; discard the stems. Cut the chives into ½-inch pieces. Peel, core and small dice the apple; place in a bowl and toss with the **vinegar** to prevent browning.

2



Cook & mash the sweet potatoes:

Add the **sweet potatoes** to the pot of boiling water. Cook 14 to 16 minutes, or until tender when pierced with a fork. Drain thoroughly and return to the pot. Off the heat, add the **butter**; season with salt and pepper to taste. Using a fork, mash the mixture until you reach your desired consistency. Set aside in a warm place.

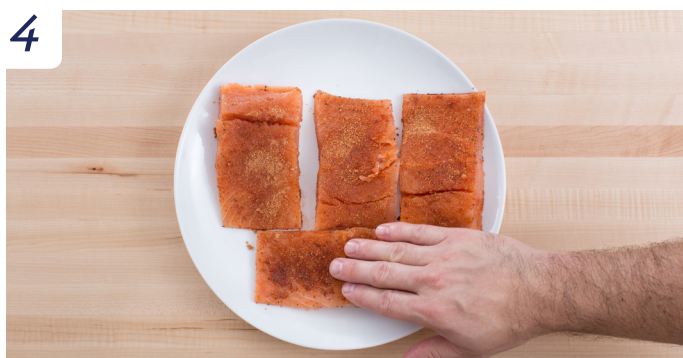
3



Cook the celeriac & apple:

While the sweet potatoes cook, in a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add the **celeriac**; season with salt and pepper. Cook, stirring occasionally, 9 to 11 minutes, or until lightly browned and tender. Add the **apple** (draining off and discarding any excess vinegar). Cook, stirring occasionally, 2 to 3 minutes, or until slightly tender. Turn off the heat. Add the **pecans, parsley** and **chives**. Stir to thoroughly combine; season with salt and pepper to taste. Transfer to a bowl and set aside in a warm place. Wipe out the pan.

4



Coat the salmon:

While the celeriac and apple cook, place the **spice blend** on a large plate. Pat the **salmon fillets** dry with paper towels; season with salt and pepper on both sides. Thoroughly coat the seasoned fillets in the spice blend (pressing to adhere).

5



Cook the salmon:

In the pan used to cook the celeriac and apple, heat 1 tablespoon of olive oil on medium-high until hot. Add the **coated salmon fillets**. Cook 2 to 4 minutes per side, or until browned and cooked to your desired degree of doneness. Remove from heat.

6



Serve your dish:

Divide the **cooked salmon fillets** and **mashed sweet potatoes** between 4 plates. Top with the **cooked celeriac and apple**. Enjoy!