

# Spiced Salmon & Cranberry Chutney

*with Parsnip, Sweet Potato & Clementine Sauté*

A nod to traditions past and present, this dish features some of our favorite Thanksgiving ingredients. Fresh cranberry chutney, sweet potato and parsnip accompany seared salmon fillets rubbed with warming spices: cardamom, nutmeg, coriander and ground fennel seed. Salmon is an ideal partner for the autumnal flavors—in fact, seafood was present at the first Thanksgiving. Citrusy clementine adds delightful dimension to this hearty meal.



## Ingredients

2 Skin-On Salmon Fillets

1 Clementine

1 Sweet Potato

1 Parsnip

1 Red Onion

1 Bunch Mint

## Knick Knacks

2 Tablespoons Sugar

½ Cup Fresh Cranberries

2 Teaspoons Cranberry Chutney Spice Blend  
*(Ground Fennel Seed, Ground Coriander, Ground Cardamom & Ground Nutmeg)*

**Makes 2 Servings**

**About 700 Calories Per Serving**

**Prep Time: 10 min | Cook Time: 20 to 30 min**

1



### Prepare the ingredients:

Wash and dry the fresh produce. Using a peeler, remove the rind of the clementine, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Peel and small dice the clementine; remove and discard any seeds. Peel the sweet potato and parsnip; halve both lengthwise, then cut crosswise into ¼-inch-thick pieces. Peel the onion and cut into 1-inch-wide wedges; separate the layers. Pick the mint leaves off the stems; discard the stems.

2



### Make the cranberry chutney:

In a small pot, combine the **cranberries**, **sugar**, **clementine zest**, **half the spice blend** and **2 tablespoons of water**. Heat to boiling on high. Once boiling, reduce the heat to medium-high. Cook, stirring occasionally, 2 to 4 minutes, or until thickened and the cranberries have softened; season with salt and pepper to taste. Remove from heat.

3



### Start the vegetables:

In a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **parsnip** and **sweet potato** in a single layer; season with salt and pepper. Cook, flipping occasionally, 8 to 10 minutes, or until browned and tender.

4



### Finish the vegetables:

Add the **onion** to the pan of vegetables; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until the onion has softened. Turn off the heat. Add the **clementine**; stir to thoroughly combine and season with salt and pepper to taste. Transfer to a large bowl and set aside in a warm place. Wipe out the pan.

5



### Cook the salmon:

Pat the **salmon fillets** dry with paper towels and season with salt and pepper on both sides. Coat the skinless side of each seasoned fillet with the **remaining spice blend**. In the pan used to cook the vegetables, heat 2 teaspoons of olive oil on medium-high until hot. Add the coated fillets, skin sides down. Cook 2 to 4 minutes per side, or until browned and cooked to your desired degree of doneness. Remove from heat.

6



### Plate your dish:

Divide the **finished vegetables** and **cooked salmon** between 2 dishes. Garnish with the **cranberry chutney** and **mint**. Enjoy!