

Seared Salmon & Sweet Potato Salad

with Lemon Crème Fraîche

Though today's Thanksgiving dinners usually revolve around turkey, this wasn't always the case. In fact, the original Thanksgiving dinner (a feast that lasted for three days) included not only poultry, but also freshly caught seafood. In this recipe, we're serving butter-basted salmon with a salad of sweet potatoes (roasted with fresh rosemary), baby kale, marinated onion and dried cranberries. It's a unique celebration of the season's delicious bounty.

Ingredients

- 4 Skin-On Salmon Fillets
- 2 Ounces Baby Kale
- 1 Pound Sweet Potatoes
- 1 Lemon
- 1 Red Onion
- 1 Bunch Rosemary

Knick Knacks

- 2 Tablespoons Butter
- 2 Tablespoons Crème Fraîche
- ¼ Cup Dried Cranberries
- 2 Teaspoons Salmon Spice Blend
(Ground Fennel, Ground Coriander, Ground Cardamom & Ground Nutmeg)

Makes 4 Servings

About 520 Calories Per Serving

Prep Time: 10 min | Cook Time: 15 to 25 min



1



Prepare the ingredients:

Preheat the oven to 450°F. Wash and dry the fresh produce. Slice the sweet potatoes into ¼-inch-thick rounds. Pick the rosemary leaves off the stems; discard the stems. Peel, halve and thinly slice the onion. Quarter and deseed the lemon. In a small bowl, combine the onion and **the juice of 2 lemon wedges**; season with salt and pepper.

2



Roast the sweet potatoes:

Place the **sweet potatoes** and **rosemary** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange the seasoned sweet potatoes in a single, even layer. Roast 14 to 16 minutes, or until browned and tender when pierced with a fork. Remove from the oven and transfer to a large bowl.

3



Make the lemon crème fraîche sauce:

While the sweet potatoes roast, in a small bowl, combine the **crème fraîche** and **the juice of the remaining lemon wedges**; season with salt and pepper to taste.

4



Cook the salmon:

While the sweet potatoes continue to roast, place the **spice blend** on a plate. Pat the **salmon fillets** dry with paper towels; season with salt and pepper on both sides. Coat the skinless side of each seasoned fillet in the spice blend. In a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add the fillets, coated sides down. Cook 2 to 4 minutes on the first side, or until lightly browned. Flip and add the **butter**. Cook, occasionally spooning the butter over the fillets, 3 to 5 minutes, or until thoroughly coated and cooked to your desired degree of doneness. Divide between 4 plates and set aside in a warm place.

5



Make the sweet potato salad:

To the bowl of roasted sweet potatoes, add the **kale**, **cranberries** and **marinated onion** (including any juice from the bowl). Drizzle with olive oil and toss to thoroughly combine; season with salt and pepper to taste.

6



Serve your dish:

Divide the **sweet potato salad** between the plates of **cooked salmon fillets**. Serve with the **lemon crème fraîche** on the side. Enjoy!