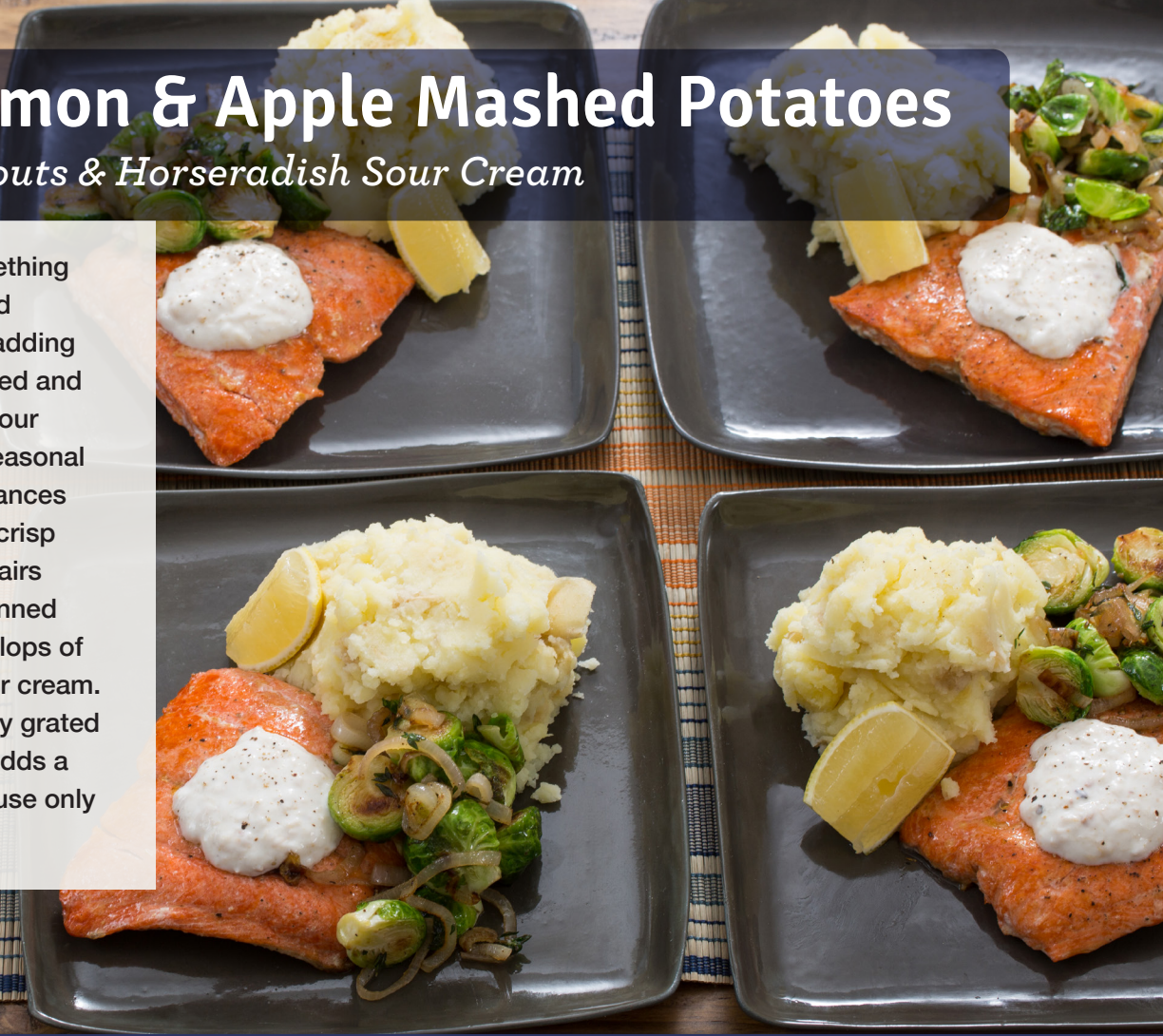


# Seared Salmon & Apple Mashed Potatoes

*with Brussels Sprouts & Horseradish Sour Cream*

Chefs, we're doing something exciting with our mashed potatoes in this recipe: adding an apple to the pot. Boiled and mashed right alongside our Yukon Gold potatoes, seasonal apple brightens and balances the classic side with its crisp sweetness. This mash pairs perfectly with crispy-skinned salmon, topped with dollops of horseradish-infused sour cream. (The horseradish, already grated and soaked in vinegar, adds a kick to the garnish—so use only as much as you'd like!)



## Ingredients

- 4 Skin-On Salmon Fillets
- 6 Ounces Brussels Sprouts
- 1½ Pounds Yukon Gold Potatoes
- 1 Apple
- 1 Lemon
- 1 Bunch Thyme

## Knick Knacks

- 2 Tablespoons Butter
- 1 Shallot
- 1 Tablespoon Prepared Horseradish
- ¼ Cup Sour Cream

Makes 4 Servings

About 645 Calories Per Serving

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





1



## Prepare the ingredients:

Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Peel, core and medium dice the apple. Medium dice the potatoes. Cut off and discard the stem ends of the Brussels sprouts; cut into bite-sized pieces. Peel and thinly slice the shallot. Pick the thyme leaves off the stems; discard the stems and roughly chop the leaves. Quarter and deseed the lemon.

2



## Make the apple mashed potatoes:

Add the **apple** and **potatoes** to the pot of boiling water. Cook 12 to 14 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. Using a fork, mash the mixture to your desired consistency; season with salt and pepper to taste. Set aside in a warm place.

3



## Cook the Brussels sprouts:

While the apple and potatoes cook, in a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add the **Brussels sprouts**, **shallot** and **thyme**; season with salt and pepper. Cook, stirring occasionally, 6 to 8 minutes, or until browned and softened. Transfer to a bowl and set aside in a warm place. Wipe out the pan.

4



## Cook the salmon:

While the apple and potatoes continue to cook, pat the **salmon fillets** dry with paper towels; season with salt and pepper on both sides. In the pan used to cook the Brussels sprouts, heat 1 tablespoon of olive oil on medium-high until hot. Add the seasoned fillets, skinless sides down. Cook 2 to 4 minutes per side, or until browned and cooked to your desired degree of doneness. Remove from heat.

5



## Make the horseradish sour cream:

While the salmon cooks, in a bowl, combine the **sour cream** and **as much of the horseradish as you'd like**; season with salt and pepper to taste.

6



## Plate your dish:

Divide the **cooked salmon fillets**, **apple mashed potatoes** and **cooked Brussels sprouts** between 4 plates. Top each salmon fillet with a spoonful of the **horseradish sour cream**. Garnish with the **lemon wedges**. Enjoy!