

Seared Steakhouse Salmon

with Roasted Potatoes & “Creamed” Kale

Traditional steakhouses are well known for a variety of gourmet dishes—including exceptional seafood. In this recipe, we’re making a hearty, steakhouse-inspired meal with delicious salmon fillets. We’re coating our fillets in a distinctive blend of warming spices and sweet brown sugar, then pan-searing them. On the side, we’re serving up a pair of steakhouse staples: simple roasted potatoes and our take on “creamed” kale, which we’re sautéing with garlic, scallion and butter, then finishing with Parmesan, for a lighter take on the classic.



Ingredients

- 4 Skin-On Salmon Fillets
- 3 Cloves Garlic
- 1 Scallion
- 1 Bunch Kale
- 1 Lemon
- 1 Pound Yukon Gold Potatoes

Knick Knacks

- 2 Tablespoons Butter
- 1/3 Cup Grated Parmesan Cheese
- 1 Tablespoon Salmon Spice Blend
(Smoked Paprika, Sweet Paprika, Ground Fennel Seed, Ground Coriander, Garlic Powder & Light Brown Sugar)

Makes 4 Servings

About 580 Calories Per Serving

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



1



Prepare the ingredients:

Preheat the oven to 475°F. Wash and dry the fresh produce. Medium dice the potatoes. Remove and discard the kale stems; roughly chop the leaves. Peel and mince the garlic. Cut off and discard the root end of the scallion; thinly slice the scallion, separating the white bottom and green top. Quarter and deseed the lemon.

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. Roast, stirring halfway through, 20 to 22 minutes, or until browned and tender when pierced with a fork. Remove from the oven.

3



Cook & chop the kale:

While the potatoes roast, in a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **kale**; season with salt and pepper. (If necessary, work in batches.) Cook, stirring occasionally, 2 to 4 minutes, or until the kale has wilted. Add **¼ cup of water** and cook, stirring occasionally, 4 to 6 minutes, or until the water has evaporated. Transfer to a cutting board to cool. When cool enough to handle, finely chop. Wipe out the pan.

4



Cook the salmon:

While the potatoes continue to roast, 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 the pan used to cook the kale, heat 1 tablespoon of olive oil on medium-high until hot. Add the seasoned fillets, skinless sides down. Cook 2 to 3 minutes per side, or until browned and cooked to your desired degree of doneness. Transfer to a plate; set aside in a warm place. Wipe out the pan.

5



Finish the kale:

While the potatoes continue to roast, in the pan used to cook the salmon, heat 1 tablespoon of olive oil on medium-high until hot. Add the **garlic** and **white bottom of the scallion**; season with salt and pepper. Cook, stirring frequently, 30 seconds to 1 minute, or until fragrant. Add the **chopped kale**, **butter** and **2 tablespoons of water**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until thoroughly combined. Turn off the heat. Add the **cheese**; stir to thoroughly combine and season with salt and pepper to taste.

6



Plate your dish:

Divide the **cooked salmon fillets**, **finished kale** and **roasted potatoes** between 4 plates. Garnish with the **lemon wedges** and **green top of the scallion**. Enjoy!