

# Seared Salmon & Spinach-Walnut Pesto

*with Purple Potato & Red Onion Hash*

Mild, buttery salmon and delicately earthy spinach make for a beautiful and simple pairing. Here, we're exploring a unique take on the duo by serving our salmon fillets with a spinach-walnut pesto. Made with sharp Parmesan, briny capers and olive oil, the sauce adds exciting depth of flavor to this classic dish. We're serving it all over a hash of red onion and purple potatoes—a gorgeous and particularly tasty variety.



## Ingredients

2 Skin-On Salmon Fillets

¾ Pound Purple Potatoes

2 Ounces Spinach

1 Red Onion

## Knick Knacks

2 Tablespoons Walnuts

1 Shallot

1 Tablespoon Capers

1 Tablespoon Red Wine Vinegar

⅓ Cup Grated Parmesan Cheese

Makes 2 Servings

About 700 Calories Per Serving

Prep Time: 10 min | Cook Time: 25 to 35 min





1



## Prepare the ingredients:

Wash and dry the fresh produce. Large dice the potatoes. Finely chop the walnuts. Peel the onion and cut into large wedges; separate the layers. Roughly chop the capers. Peel and mince the shallot to get 2 tablespoons of minced shallot (you may have extra); place in a medium bowl with the **vinegar**.

2



## Cook & drain the spinach:

In a medium pan (nonstick, if you have one), heat 1 teaspoon of olive oil on medium-high until hot. Add the **spinach**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until wilted. Transfer to a strainer; hold or rest the strainer over a bowl. Using a spoon, press down on the cooked spinach to release as much liquid as possible; discard the liquid. Transfer the drained spinach to a cutting board. Wipe out the pan.

3



## Make the hash:

In the pan used to cook the spinach, heat 2 teaspoons of olive oil on medium-high until hot. Add the **potatoes**; season with salt and pepper. Cook, stirring occasionally, 8 to 10 minutes, or until lightly browned. Add the **onion**; season with salt and pepper. Cook, stirring occasionally, 6 to 8 minutes, or until the potatoes and onion have softened. Divide between 2 plates and set aside in a warm place. Wipe out the pan.

4



## Make the pesto:

While the hash cooks, finely chop the **drained spinach** and transfer to the bowl with the **shallot-vinegar mixture**. Stir in the **walnuts, capers** and **cheese**; season with salt and pepper. Slowly stir in enough olive oil to create a rough paste; season with salt and pepper to taste.

5



## Cook the salmon:

Pat the **salmon fillets** dry with paper towels; season with salt and pepper on both sides. In the pan used to make the hash, heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned fillets, skinless sides down, and cook 2 to 3 minutes per side, or until browned and cooked to your desired degree of doneness. Remove from heat.

6



## Plate your dish:

Divide the **cooked salmon fillets** between the plates of **hash**. Garnish with the **pesto**. Enjoy!