

Seared Salmon Salad

with English Peas, Arugula & Pink Lemon

In this bright and refreshing dish, we're serving flaky salmon over a gorgeous, delightfully textural salad of seasonal vegetables. Tender peas, arugula and red potato find delicious contrast in crunchy radish and sunflower seeds. And for an elegant finishing touch, we're garnishing the salmon with lightly marinated pink lemon—a specialty variety with a rosy hue.

Blue Apron Wine Pairings

Iris Vineyards Pinot Noir, 2014

Rogers Vineyards Sauvignon Blanc, 2014



Ingredients

- 2 Skin-On Salmon Fillets
- 6 Ounces Red Potato
- 3 Ounces Shelled English Peas
- 2 Ounces Arugula
- 2 Radishes
- 1 Pink Lemon

Knick Knacks

- 2 Tablespoons Apple Cider Vinegar
- 2 Tablespoons Sunflower Seeds
- 2 Teaspoons Salmon Spice Blend
(Ground Fennel Seed, Ground Coriander & Sweet Paprika)

Makes: 2 servings | **Calories:** about 640 per serving
Prep Time: 10 minutes | **Cook Time:** 15–25 minutes

Instructions

For cooking tips & tablet view, visit blueapron.com/recipes/864

1



Prepare the ingredients:

Wash and dry the fresh produce. Heat a small pot of salted water to boiling on high. Slice the potato into ¼-inch-thick rounds. Cut off and discard the peel and white pith of the lemon. Small dice the lemon, discarding the seeds; transfer to a bowl. Cut off and discard the ends of the radishes; thinly slice the radishes into rounds.

2



Cook the potato & peas:

Add the **potato** to the pot of boiling water and cook 6 to 8 minutes, or until slightly tender when pierced with a fork. Add the **peas** and cook 3 to 4 minutes, or until the potato is tender and the peas are bright green. Drain thoroughly and transfer to a large bowl.

3



Marinate the lemon:

While the potato cooks, season the **lemon** with salt and pepper to taste. Slowly stir in **2 tablespoons of olive oil** until well combined. Set aside to marinate for at least 5 minutes.

4



Cook the salmon:

While the lemon marinates, pat the **salmon fillets** dry with paper towels; season with salt, pepper and the **spice blend** on both sides. In a medium pan (nonstick, if you have one), 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.

5



Make the salad:

Just before serving, add the **arugula**, **sunflower seeds**, **radishes** and **vinegar** to the bowl of **cooked potato and peas**. Drizzle with olive oil and toss to combine; season with salt and pepper to taste.

6



Plate your dish:

Divide the **salad** between 2 dishes. Top with the **cooked salmon fillets**. Garnish the salmon with a few spoonfuls of the **marinated lemon**. Enjoy!