

# Seared Salmon & Fall Vegetable Hash

*with Apple-Brown Butter Dressing*

Tonight, we're celebrating the best of autumn with a gourmet (and gorgeous) hash. Purple potatoes, Brussels sprouts and turnip get extra brightness from lemon zest and fresh tarragon. As a topping for our sautéed vegetables and pan-seared salmon, we're serving up a spin on sweet, piquant mostarda (a classic Italian condiment)—turning Granny Smith apple into a warm dressing with mustard seeds and, for comforting, toasted notes, browned butter.

## Blue Apron Wine Pairings

Wellington Farms Chardonnay, 2015

Lyrup Chardonnay, 2015



## Ingredients

- 2 Skin-On Salmon Fillets
- 5 Ounces Brussels Sprouts
- 1 Granny Smith Apple
- 1 Lemon
- 1 Purple Top Turnip
- ½ Pound Purple Potatoes
- 1 Bunch Tarragon

## Knick Knacks

- 2 Tablespoons Butter
- 1 Teaspoon Brown & Yellow Mustard Seeds

**Makes:** 2 servings | **Calories:** about 725 per serving

**Prep Time:** 15 minutes | **Cook Time:** 35–45 minutes



# Instructions

For cooking tips & tablet view, visit [blueapron.com/recipes/994](https://blueapron.com/recipes/994)

1



## Prepare the ingredients:

Wash and dry the fresh produce. Core and small dice the apple. Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon. Medium dice the potatoes. Peel and medium dice the turnip. Cut off and discard the stem ends of the Brussels sprouts; quarter the Brussels sprouts. Pick the tarragon leaves off the stems; discard the stems and roughly chop the leaves.

2



## Make the dressing:

In a large pan (nonstick, if you have one), heat the **butter** on medium-high until melted. Cook, stirring occasionally and swirling the pan, 2 to 3 minutes, or until deep golden brown and fragrant. Add the **apple** and **mustard seeds**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened and fragrant. Turn off the heat and stir in **the juice of all 4 lemon wedges**; season with salt and pepper to taste. Transfer to a bowl and set aside in a warm place. Rinse and wipe out the pan.

3



## Start the hash:

In a same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **potatoes** and season with salt and pepper. Cook, stirring occasionally, 8 to 10 minutes, or until browned and softened.

4



## Finish the hash:

Add the **turnip** and **Brussels sprouts** to the pan; season with salt and pepper. Cook, stirring occasionally, 8 to 10 minutes, or until browned and slightly softened. Turn off the heat and stir in the **lemon zest** and **all but a pinch of the tarragon**. Drizzle with olive oil and season with salt and pepper to taste. Transfer to a plate and set aside in a warm place. Wipe out the pan.

5



## Cook the salmon:

Pat the **salmon fillets** dry with paper towels; season with salt and pepper on both sides. In the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned fillets, skin sides down. Cook 4 to 5 minutes on the first side, or until browned and crispy. Flip and cook 1 to 2 minutes, or until cooked to your desired degree of doneness. Remove from heat.

6



## Plate your dish:

Divide the **finished hash** and **cooked salmon fillets** between 2 dishes. Top with a few spoonfuls of the **dressing**. Garnish with the **remaining tarragon**. Enjoy!