

# Seared Salmon

*with Honey-Glazed Carrots & Saffron Potatoes*

Created by:

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This recipe comes to us from Zachary Engel, chef de cuisine at Shaya in New Orleans. A modern Israeli restaurant, Shaya was named the James Beard Foundation's "Best New Restaurant" for 2016. In this dish, the aroma of Rumi Spice's saffron complements the earthiness of cumin and the sweetness of glazed carrots, all served with rich, buttery salmon. (Letting your saffron soak—in the lemon juice for at least 5 minutes ensues gorgeous color and bold flavor!) Special thanks to Chef Engel and Shaya for creating this delicious recipe for our Blue Apron home chefs.



## Blue Apron Wine Pairings

Viale Sangiovese, 2015

Los Alamos View Sauvignon Blanc, 2014



## Ingredients

- 2 Skin-On Salmon Fillets
- ½ Cup Plain Greek Yogurt
- 2 Carrots
- 2 Cloves Garlic
- 1 Lemon
- 1 Navel Orange
- ½ Pound Fingerling Potatoes
- 1 Large Bunch Cilantro

## Knick Knacks

- 1 Large Pinch Saffron
- 1 Tablespoon Honey
- ½ Teaspoon Crushed Aleppo Pepper
- ½ Teaspoon Ground Cumin

**Makes:** 2 servings | **Calories:** about 790 per serving

**Prep Time:** 15 minutes | **Cook Time:** 20–30 minutes



For cooking tips & tablet view, visit [blueapron.com/recipes/1012](https://blueapron.com/recipes/1012)

Guest Chef Series | Recipe #1012



1



## Prepare the ingredients:

Wash and dry the fresh produce. Cut the potatoes into ½-inch-thick rounds. Peel the carrots; thinly slice on an angle. Using a peeler, remove the lemon rind, avoiding the white pith; mince to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon. In a bowl, combine **half the saffron** and **the juice of 1 lemon wedge**. Peel and mince the garlic. Halve the orange and squeeze the juice into a bowl, straining out the seeds. Roughly chop half the cilantro. Pick the remaining leaves off the stems; discard the stems.

2



## Cook the potatoes:

In a medium pot, combine the **potatoes**, **remaining saffron**, a **big pinch of salt** and **3 cups of water** (or enough to completely cover the potatoes). Heat to boiling on high. Once boiling, cook 12 to 14 minutes, or until tender when pierced with a fork. Turn off the heat. Drain thoroughly and return to the pot. Set aside in a warm place.

3



## Make the saffron-yogurt sauce:

While the potatoes cook, to the bowl with the **saffron-lemon juice mixture**, add the **yogurt**, **lemon zest** and **up to half the aleppo pepper**, depending on how spicy you'd like the dish to be. Drizzle with olive oil and stir to combine; season with salt and pepper to taste.

4



## Cook & glaze the carrots:

In a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **carrots** and **garlic**; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until slightly softened. Add the **cumin** and **honey**. Cook, stirring occasionally, 30 seconds to 1 minute, or until fragrant. Add the **orange juice**; cook, stirring occasionally, 3 to 5 minutes, or until the carrots have softened. Season with salt and pepper to taste. Transfer to a plate; set aside in a warm place. Wipe out the pan.

5



## Cook the salmon:

Pat the **salmon** dry with paper towels; season with salt and pepper on both sides. In the same pan, heat 1 teaspoon of olive oil on medium-high until hot. Add the seasoned salmon, skin sides down. Cook 3 to 4 minutes on the first side, or until the skin is crispy. Flip and cook 2 to 3 minutes, or until lightly browned and cooked to your desired degree of doneness. Remove from heat.

6



## Finish & plate your dish:

Add the **glazed carrots** to the pot of **cooked potatoes**. Stir in the **chopped cilantro**, **the juice of the remaining lemon wedges** and **as much of remaining aleppo pepper as you'd like**, depending on how spicy you'd like the dish to be. Drizzle with olive oil; season with salt and pepper to taste. Divide between 2 dishes. Top with the **cooked salmon** and a spoonful of the **saffron-yogurt sauce** (you may have extra). Garnish with the **whole cilantro leaves**. Enjoy!