

Seared Salmon

with Spicy Beet & Millet Salad

This gorgeous dish features millet, an ancient grain popular around the world in everything from flatbreads to porridge. It has a wonderfully mild, slightly nutty taste—which pairs perfectly here with earthy beet. (Cured Italian hot pepper livens up these flavors with a kick of heat.) Our beet-infused millet creates a vibrant foundation for hearty salmon. The dish gets a finishing touch of citrusy sweetness from orange, marinated with a bit of shallot and verjus (the tart juice of fresh wine grapes).

 **Blue Apron Wine Pairings**
Medel Pinot Noir, 2015



Ingredients

- 2 Skin-On Salmon Fillets
- ½ Cup Millet
- 1 Beet
- 1 Orange
- 1 Peperoncino

Knick Knacks

- 2 Tablespoons Verjus Rouge
- 1 Shallot

Makes: 2 servings

Prep Time: 15 minutes | **Cook Time:** 30–40 minutes

1



Cook the millet:

Heat a large pot of salted water to boiling on high. Once boiling, add the **millet** and cook, uncovered, 18 to 20 minutes, or until tender. Drain thoroughly and return to the pot. Set aside in a warm place.

2



Prepare the ingredients:

While the millet cooks, wash and dry the fresh produce. Peel and mince the shallot. Cut off and discard the rind and white pith of the orange; cut the orange lengthwise into segments, then cut the segments in half crosswise. On a paper towel-lined cutting board, peel the beet and grate on the large side of a box grater. Finely chop the peperoncino; immediately wash your hands after handling the peperoncino.

3



Cook the beet:

While the millet continues to cook, in a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **beet** and **half the shallot**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened. Add $\frac{3}{4}$ of the **verjus** and **as much of the peperoncino as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring occasionally, 2 to 4 minutes, or until the liquid has cooked off. Season with salt and pepper to taste. Transfer to the pot of **cooked millet**. Rinse and wipe out the pan.

4



Marinate the orange:

While the beet cooks, in a bowl, combine the **orange**, **remaining verjus** and **as much of the remaining shallot as you'd like**. Drizzle with olive oil and toss to combine. 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 same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned fillets, skin sides down, and cook 4 to 5 minutes on the first side, or until the skin is crispy. Flip and cook 1 to 2 minutes, or until lightly browned and cooked to your desired degree of doneness. Remove from heat.

6



Finish the millet & plate your dish:

Add a drizzle of olive oil to the pot of **cooked millet and beet**; stir to combine and season with salt and pepper to taste. Divide the finished millet and **cooked salmon fillets** between 2 dishes. Top the fillets with the **marinated orange** (including any marinating liquid). Enjoy!