

# Chinese Five-Spice Salmon

with Roasted Cauliflower & Mashed Sweet Potatoes

**PREP TIME:** 15 minutes

**COOK TIME:** 25-35 minutes

**SERVINGS:** 4

Tonight, we're thrilled to feature a recipe inspired by Justise's winning Blue Apron Family Plan Challenge dish on season 5 of MasterChef Junior on FOX. Five-spice—a blend of star anise, fennel seeds, and more—lends its sweet, savory aroma to salmon, complemented by a simple pan sauce made with rice vinegar and a bit of butter. To accompany the salmon, we're serving three delicious sides: crisp, garlicky bok choy, mashed sweet potatoes with a hint of ginger, and roasted cauliflower.



#### BLUE APRON WINE PAIRING:

Kōtuku Pinot Noir, 2014

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## Ingredients



4  
SKIN-ON SALMON  
FILLETS



3 cloves  
GARLIC



2  
SCALLIONS



1 1/2 lbs  
SWEET POTATOES



1 head  
CAULIFLOWER



3/4 lb  
BABY BOK CHOY

#### KNICK KNACKS:



1 1-inch piece  
GINGER



1 Tbsp  
RICE VINEGAR



4 Tbsp  
BUTTER



1 Tbsp  
CHINESE FIVE-  
SPICE POWDER



2 Tbsp  
CRÈME FRAÎCHE



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### 1 Prepare the ingredients:

- Preheat the oven to 475°F.
- Heat a medium pot of salted water to boiling on high.
- Wash and dry the fresh produce.
- Cut out and discard the cauliflower core; cut the head into small florets.
- Peel and large dice the sweet potatoes.
- Peel and roughly chop the ginger.
- Peel and roughly chop the garlic.
- Cut off and discard the root ends of the scallions; thinly slice, separating the white bottoms and green tops.
- Cut off and discard the root ends of the bok choy; separate the leaves.



### 2 Roast the cauliflower:

- Place the **cauliflower** on a sheet pan. Drizzle with **1 tablespoon of olive oil** and season with salt and pepper; toss to coat. Arrange in a single, even layer. Roast 18 to 20 minutes, or until browned and tender when pierced with a fork. Remove from the oven and top with **half the vinegar**. Carefully stir to combine. Season with salt and pepper to taste.

### 3 Cook & mash the sweet potatoes:

- While the cauliflower roasts, add the **sweet potatoes** and **ginger** to the pot of boiling water. Cook 14 to 16 minutes, or until the sweet potatoes are tender when pierced with a fork. Drain thoroughly and return to the pot. Off the heat, add the **crème fraîche**, **half the butter**, and a drizzle of olive oil. Using a fork, mash to your desired consistency. Season with salt and pepper to taste. Set aside in a warm place.



### 4 Cook the bok choy:

- While the sweet potatoes cook, in a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add the **garlic** and **white bottoms of the scallions**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until softened and fragrant. Add the **bok choy** and **3 tablespoons of water**; season with salt and pepper. Cook, stirring frequently, 4 to 5 minutes, or until the bok choy has softened and the water has cooked off. Transfer to a bowl; season with salt and pepper to taste. Set aside in a warm place. Wipe out the pan.



### 5 Cook the salmon:

- While the sweet potatoes continue to cook, pat the **salmon fillets** dry with paper towels; season on both sides with salt, pepper, and the **five-spice powder**. In the same pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the seasoned fillets, skin side down, and cook 3 to 5 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. Leaving any browned bits (or fond) in the pan, transfer to a plate and set aside in a warm place.

### 6 Make the sauce & serve your dish:

- Add the **remaining vinegar** and **2 tablespoons of water** (be careful, as the liquid may splatter) to the pan of reserved fond. Season with salt and pepper. Cook on medium-high, stirring frequently and scraping up any fond from the bottom of the pan, 45 seconds to 1 minute, or until thoroughly combined. Turn off the heat and stir in the **remaining butter** until melted. Season with salt and pepper to taste. Divide the **roasted cauliflower**, **mashed sweet potatoes**, and **cooked bok choy** among 4 dishes. Top the sweet potatoes with the **cooked salmon fillets** and sauce. Garnish with the **green tops of the scallions**. Enjoy!