

Seared Salmon & Roasted Potato Salad

with Pickled Mustard Seeds & Crème Fraîche Sauce

PREP TIME: 15 minutes

COOK TIME: 25-35 minutes

SERVINGS: 2

In this recipe, pan-seared salmon pairs perfectly with a unique kale and potato salad. We're roasting our potato for crispy texture, then adding in a special ingredient: pickled mustard seeds. Cooked for just a minute or two with vinegar and sugar (along with aromatic shallot), the seeds plump up, making for satisfying pops of tangy, sweet, and subtly hot flavor. We're dressing the warm vegetables with a bit of olive oil—and reserving the classic creamy element for a simple sauce, served on the side for drizzling over the whole dish.



BLUE APRON WINE PAIRING:

Griolamo Grillo, 2016

Order wine and view other perfect pairings at blueapron.com.



Ingredients



2
SKIN-ON SALMON
FILLETS



1 bunch
KALE



1
RUSSET POTATO

KNICK KNACKS:



2 Tbsp
CRÈME FRAÎCHE



2 Tbsp
APPLE CIDER
VINEGAR



1 tsp
BROWN & YELLOW
MUSTARD SEEDS



1 Tbsp
SUGAR



1
SHALLOT



2 Tbsp
ROASTED
PISTACHIOS

Did You Know?
Brown mustard seeds are hotter and more pungent than yellow.



Download our iOS app or log in to blueapron.com for how-to videos and supplier stories.



1 Prepare the ingredients & make the sauce:

- ☐ Preheat the oven to 450°F.
- ☐ Wash and dry the fresh produce.
- ☐ Medium dice the potato.
- ☐ Peel and thinly slice the shallot.
- ☐ Remove and discard the kale stems; finely chop the leaves.
- ☐ Roughly chop the pistachios.
- ☐ In a bowl, combine the **crème fraîche** and **¼ of the vinegar**. Season with salt and pepper to taste.

2 Roast the potato:

- ☐ Place the **potato** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange in a single, even layer.
- ☐ Roast 14 to 16 minutes, or until browned and tender when pierced with a fork. Remove from the oven and carefully transfer to a large bowl.

3 Pickle the shallot & mustard seeds:

- ☐ While the potato roasts, in a small pot, combine the **mustard seeds**, **sugar**, **remaining vinegar**, **half the shallot**, and **¼ cup of water**; season with salt and pepper. Heat to boiling on high.
- ☐ Once boiling, cook, stirring occasionally, 1 to 2 minutes, or until thoroughly combined and the sugar has dissolved. Set aside to cool, stirring occasionally, for at least 10 minutes.

4 Cook the kale:

- ☐ While the shallot and mustard seeds cool, in a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **remaining shallot**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until softened.
- ☐ Add the **kale**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until slightly wilted.
- ☐ Add **⅓ cup of water** and cook, stirring frequently, 2 to 4 minutes, or until the kale has wilted and the water has cooked off. Season with salt and pepper to taste. Remove from heat.
- ☐ Transfer to the bowl of **roasted potato**. 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 1 tablespoon of olive oil on medium-high until hot.
- ☐ Add the seasoned fillets, skinless side down. Cook 4 to 5 minutes on the first side, or until lightly browned. Flip and cook 1 to 2 minutes, or until lightly browned and cooked to your desired degree of doneness. Remove from heat.

6 Make the potato salad & plate your dish:

- ☐ While the salmon cooks, to the bowl of **roasted potato and cooked kale**, add the **pickled shallot and mustard seeds** (draining before adding). Drizzle with olive oil and season with salt and pepper. Stir to thoroughly combine; season with salt and pepper to taste.
- ☐ Divide the potato salad and **cooked salmon fillets** between 2 dishes. Drizzle with olive oil. Garnish the potato salad with the **pistachios**. Serve with the **sauce** on the side. Enjoy!

