

Seared Salmon & Tomato Fondue

with Fennel Rice & Carrots

TIME: 40-50 minutes

SERVINGS: 4

Tonight's recipe is inspired by a challenge-winning dish from the August 30 episode of MasterChef Season 8 on FOX. We're using plump, juicy tomatoes to make a tomato fondue, or creamy butter sauce, perfect for topping our seared salmon fillets. On the side, we're adding sautéed fennel and almonds to jasmine rice for pleasant notes of licorice and nutty crunch. Roasted carrots complement it all with their satisfying sweetness.



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Ingredients



4
SKIN-ON SALMON
FILLETS



1 cup
JASMINE RICE



6 oz
HERITAGE GLOBE
OR COCKTAIL
TOMATOES



4
CARROTS



2 cloves
GARLIC



1
FENNEL BULB



1 bunch
CHIVES

KNICK KNACKS:



2 Tbsps
ROASTED
ALMONDS



2 Tbsps
BUTTER



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1 Prepare & roast the carrots:

- ☐ Preheat the oven to 475°F. Line a sheet pan with aluminum foil.
- ☐ Wash, dry, and peel the **carrots**. Halve crosswise, then lengthwise. Transfer to the prepared sheet pan. Drizzle with olive oil; season with salt and pepper. Toss to thoroughly coat. Arrange in a single layer.
- ☐ Roast, stirring halfway through, 15 to 17 minutes, or until lightly browned and tender when pierced with a fork. Remove from the oven.

2 Cook the rice:

- ☐ While the carrots roast, in a medium pot, combine the **rice**, a **big pinch of salt**, and **2 cups of water**; heat to boiling on high. Once boiling, cover and reduce the heat to low. Cook 12 to 14 minutes, or until the water has been absorbed and the rice is tender. Turn off the heat and fluff the cooked rice with a fork.



3 Prepare the remaining ingredients:

- ☐ While the rice cooks, wash and dry the remaining fresh produce.
- ☐ Cut off and discard any fennel stems. Halve the bulb lengthwise; cut out and discard the core, then medium dice.
- ☐ Peel and roughly chop the garlic.
- ☐ Roughly chop the almonds.
- ☐ Quarter the tomatoes; place in a bowl and season with salt and pepper.
- ☐ Cut the chives into 1/2-inch pieces.

4 Cook the fennel & finish the rice:

- ☐ In a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add the **fennel** and **half the garlic**; season with salt and pepper. Cook, stirring occasionally, 5 to 6 minutes, or until lightly browned and slightly softened.
- ☐ Transfer to the pot of **cooked rice**; stir in the **almonds** and a drizzle of olive oil. Season with salt and pepper to taste. 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 1 tablespoon of olive oil on medium-high until hot.
- ☐ Add the seasoned fillets, skinless side down. Cook 3 to 4 minutes on the first side, or until lightly browned.
- ☐ Flip and cook 2 to 3 minutes, or until cooked to your desired degree of doneness. Leaving any browned bits (or fond) in the pan, transfer to a plate. Set aside in a warm place.

6 Make the tomato fondue & serve your dish:

- ☐ Heat the pan of reserved fond on medium-high until hot. (If the pan seems dry, add 1 tablespoon of olive oil.) Add the **seasoned tomatoes** and **remaining garlic**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until softened. Add the **butter** and **1/4 cup of water**; season with salt and pepper. Cook, stirring constantly, 1 to 2 minutes, or until thoroughly combined. Turn off the heat. Season with salt and pepper to taste.
- ☐ Divide the **finished rice**, **cooked salmon fillets**, and **roasted carrots** among 4 dishes. Top the salmon with the tomato fondue. Garnish with the **chives**. Enjoy!

