

Seared Salmon & Mustard Vinaigrette

with Niçoise-Style Salad

TIME: 30-40 minutes

SERVINGS: 2

Tonight's Niçoise-style salad highlights all the varied textures and bright flavors the southern French dish is known for. Hearty potato, crisp green beans, and juicy tomatoes make a delicious base for salmon—seared and flaked into pieces to ensure a balance of flavors in each bite. And no Niçoise would be complete without flavor-packed black olives and a hard-boiled egg.



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Crisp & Minerally

Serve a bottle with this symbol for a great pairing.



Ingredients



2
SKIN-ON
SALMON FILLETS



1
CAGE-FREE
FARM EGG



6 oz
GREEN BEANS



1
RUSSET POTATO



6 oz
HERITAGE GLOBE
OR COCKTAIL
TOMATOES



1 bunch
CHIVES

KNICK KNACKS:



2 Tbsps
RED WINE
VINEGAR



1 oz
PITTED NIÇOISE
OLIVES



1
SHALLOT



1 ½ Tbsps
WHOLE GRAIN
DIJON MUSTARD



1 oz
PICKLED
PERUVIAN
PEPPERS



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1 Prepare the ingredients & make the dressing:

- Heat a large pot of salted water to boiling on high.
- Heat a separate, small pot of salted water to boiling on high.
- Wash and dry the fresh produce.
- Halve the potato crosswise; cut lengthwise into 1-inch-wide wedges.
- Cut off and discard the stem ends of the green beans.
- Quarter the tomatoes; place in a bowl and season with salt and pepper.
- Thinly slice the chives.
- Peel the shallot and mince to get 2 tablespoons (you may have extra).
- In a bowl, whisk together the **shallot, vinegar, mustard, and 2 tablespoons of olive oil** until well combined; season with salt and pepper to taste.



2 Cook the potato:

- Add the **potato** to the large pot of boiling water. Cook 11 to 13 minutes, or until tender when pierced with a fork. Turn off the heat. Drain thoroughly and return to the pot.

3 Blanch & shock the green beans:

- While the potato cooks, fill a large bowl with ice water; add a **pinch of salt**. Set aside.
- Add the **green beans** to the small pot of boiling water; cook 2 to 3 minutes, or until bright green and slightly softened. Leaving the pot of water boiling, using a slotted spoon or tongs, immediately transfer the blanched green beans to the bowl of ice water. Let stand until completely cool.
- Reserving the bowl of ice water, using a slotted spoon or tongs, transfer the shocked green beans to a paper towel-lined plate and pat dry.

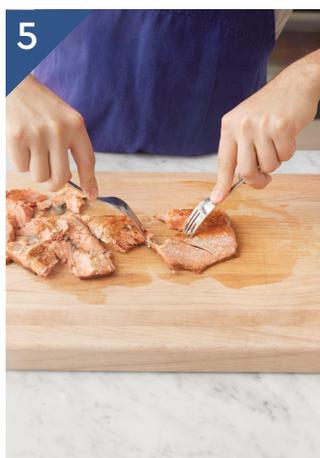


4 Cook & peel the egg:

- While the potato continues to cook, add the **egg** to the same small pot of boiling water. Cook for exactly 9 minutes.
- Drain thoroughly and transfer to the same bowl of ice water to stop the cooking process.
- When cool enough to handle, carefully peel the cooked egg. Transfer to a cutting board and quarter lengthwise; season with salt and pepper.

5 Cook & flake the salmon:

- While the egg cooks, pat the **salmon fillets** dry with paper towels; season with salt and pepper on both sides.
- In a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned fillets, skin side down. Cook 3 to 4 minutes per side, or until lightly browned and cooked to your desired degree of doneness.
- Transfer to a cutting board. When cool enough to handle, using 2 forks, flake the fillets into large pieces.



6 Finish the salad & plate your dish:

- To the pot of **cooked potato**, add the **shocked green beans, seasoned tomatoes, peppers, olives, and half the dressing**. Stir to thoroughly combine and season with salt and pepper to taste.
- Divide the finished salad between 2 dishes. Top with the **flaked salmon and seasoned egg**. Drizzle with the **remaining dressing**. Garnish with the **chives**. Enjoy!