

# Salmon & Roasted Potato Salad

*with Kale & Pickled Mustard Seeds*

**TIME:** 35-45 minutes

**SERVINGS:** 4

Pickling mustard seeds is an easy way to add exciting texture and piquant flavor to weeknight cooking. Here, we're pickling a combination of brown and yellow seeds in honey and apple cider vinegar, then stirring them together with a bit of sour cream to make a zesty sauce for our kale and roasted potato salad. (You may receive green curly, dark green lacinato, or red kale.) We're also serving some of the sauce on the side, so you can drizzle as much as you'd like over the seared salmon fillets.



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## Ingredients



4  
SKIN-ON  
SALMON FILLETS



1/2 cup  
SOUR CREAM



2 cloves  
GARLIC



1 tsp  
BROWN &  
YELLOW  
MUSTARD SEEDS

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



1 bunch  
KALE



1 1/2 lbs  
RUSSET POTATOES



1 Tbsp  
HONEY



2 Tbsps  
APPLE CIDER  
VINEGAR



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### 1 Prepare & roast the potatoes:

- ☐ Remove the honey from the refrigerator to bring to room temperature.
- ☐ Preheat the oven to 450°F.
- ☐ Wash, dry, and medium dice the **potatoes**. Place on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange in a single 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. Set aside in a warm place.

### 2 Pickle the mustard seeds:

- ☐ While the potatoes roast, in a small saucepan, combine the **mustard seeds**, **vinegar**, **honey** (kneading the packet before opening), and **2 tablespoons 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 fragrant. Transfer to a heatproof bowl. Set aside to cool, stirring occasionally, for at least 10 minutes. Season with salt and pepper to taste.

### 3 Prepare the remaining ingredients:

- ☐ While the mustard seeds cool, peel and roughly chop the garlic.
- ☐ Wash and dry the kale. Remove and discard the stems; roughly chop the leaves.

### 4 Cook the kale:

- ☐ While the potatoes continue to roast, in a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot.
- ☐ Add the **garlic** and **kale**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until the kale is slightly wilted.
- ☐ Add **¼ cup of water** (be careful, as the liquid may splatter); season with salt and pepper. Cook, stirring frequently, 2 to 4 minutes, or until the kale has wilted and the water has cooked off. Turn off the heat. Season with salt and pepper to taste.
- ☐ Transfer to the bowl of **roasted potatoes**. 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 lightly browned and cooked to your desired degree of doneness. Turn off the heat.

### 6 Make the potato salad & serve your dish:

- ☐ While the salmon cooks, to make the sauce, add the **sour cream** to the bowl of **pickled mustard seeds**. Season with salt and pepper. Whisk to thoroughly combine. Season with salt and pepper to taste.
- ☐ Add **half the sauce** to the bowl of **roasted potatoes and cooked kale**; season with salt and pepper. Stir to thoroughly combine. Season with salt and pepper to taste.
- ☐ Divide the potato salad and **cooked salmon fillets** among 4 dishes; drizzle with olive oil. Serve with the **remaining sauce** on the side. Enjoy!