

Salmon & Honey-Glazed Carrots

with Lemon-Saffron
Yogurt Sauce

TIME: 30-40 minutes

SERVINGS: 2

This elegant dish gets sunny color and unique flavor from a prized spice, saffron, used two ways: added to the water used to boil the potatoes and stirred into a luxuriously creamy yogurt sauce. The bright sauce is delicious spooned over the rich salmon, potatoes, and carrots—which get another flavor-packed lift from cooking in honey and fragrant cumin. Aleppo pepper adds just a hint of spice throughout the dish, while a mint garnish contributes its cooling touch.



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Ingredients



2
SKIN-ON
SALMON FILLETS



2 cloves
GARLIC



2
NANTES CARROTS



1
LEMON



¾ lb
YUKON GOLD
POTATOES



1 bunch
CILANTRO

KNICK KNACKS:



1 pinch
SAFFRON



1 Tbsp
HONEY



½ cup
PLAIN GREEK
YOGURT



½ tsp
CRUSHED ALEPPO
PEPPER



½ tsp
GROUND CUMIN



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1 Prepare & cook the potatoes:

- ☐ Remove the honey from the refrigerator to bring to room temperature.
- ☐ Wash, dry, and medium dice the **potatoes**.
- ☐ In a small pot, combine the potatoes, **half the saffron**, and a **big pinch of salt**. Cover with $\frac{1}{2}$ inch of water. Heat to boiling on high.
- ☐ Once boiling, cook 10 to 12 minutes, or until the potatoes are tender when pierced with a fork. Turn off the heat. Drain thoroughly and return to the pot.

2 Prepare the remaining ingredients:

- ☐ While the potatoes cook, wash and dry the remaining fresh produce.
- ☐ Peel the carrots; cut on an angle into $\frac{1}{2}$ -inch-thick pieces.
- ☐ Peel and roughly chop the garlic.
- ☐ Roughly chop the cilantro leaves and stems.
- ☐ Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon.
- ☐ In a medium bowl, combine the **remaining saffron** and the **juice of 1 lemon wedge**.

3 Cook & glaze the carrots:

- ☐ In a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot.
- ☐ Add the **carrots** and **garlic**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.
- ☐ Add the **cumin** and **honey** (kneading the packet before opening). Cook, stirring constantly, 30 seconds to 1 minute, or until fragrant.
- ☐ Add $\frac{3}{4}$ **cup of water**. Cook, stirring occasionally, 8 to 10 minutes, or until the carrots have softened and the water has cooked off. Transfer to a bowl. Season with salt and pepper to taste. Rinse and wipe out the pan.

4 Make the yogurt sauce:

- ☐ While the carrots cook, add the **yogurt**, **lemon zest**, a drizzle of olive oil, and **up to half the Aleppo pepper** to the bowl of **saffron-lemon juice mixture**. Season with salt and pepper to taste.

5 Cook the salmon:

- ☐ While the carrots continue to cook, 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 Finish & plate your dish:

- ☐ While the salmon cooks, add the **glazed carrots**, **half the cilantro**, the **juice of the remaining lemon wedges**, and **as much of remaining Aleppo pepper as you'd like** to the pot of **cooked potatoes**. Drizzle with olive oil; stir to combine. Season with salt and pepper to taste.
- ☐ Divide between 2 dishes. Top with the **cooked salmon fillets** and a spoonful of the **yogurt sauce**. Garnish with the **remaining cilantro**. Serve with any remaining yogurt sauce on the side. Enjoy!