

Salmon & Dukkah-Spiced Vegetables

with Orange & Endive

TIME: 30-40 minutes

SERVINGS: 2

This recipe has been approved by Whole30®. To learn more about their guidelines, visit [Whole30.com](https://www.whole30.com).

We're partnering with Whole30® to bring you the seventh of eight weeks of delicious recipes. Egyptian dukkah seasoning adds warm, herby flavor to sweet potatoes and carrots, which you'll roast and toss with crisp endive and juicy orange.



MATCH YOUR BLUE APRON WINE



Crisp & Minerally

Whole30® guidelines do not permit alcohol consumption.



Ingredients



1 10-oz
SKIN-ON SALMON
FILLET



1 lb
SWEET POTATOES



1
WHITE ENDIVE



6 oz
CARROTS



1
CARA CARA
ORANGE

Did You Know?

A relative of radicchio and escarole, endives have a pleasantly bitter flavor.

KNICK KNACKS:



1 Tbsp
RICE VINEGAR



1 Tbsp
DUKKAH
SEASONING*

* Za'atar, Ground Coriander, Ground Fennel Seeds, Ground Cumin, & Black Sesame Seeds



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1 Prepare & roast the vegetables:

- ☐ Place an oven rack in the center of the oven, then preheat to 450°F.
- ☐ Wash and dry the fresh produce.
- ☐ Medium dice the **sweet potatoes**. Peel and medium dice the **carrots**.
- ☐ Place the diced sweet potatoes and carrots on a sheet pan. Drizzle with olive oil and season with salt, pepper, and the **dukkah seasoning**; toss to coat. Arrange in an even layer.
- ☐ Roast 19 to 21 minutes, or until browned and tender when pierced with a fork.
- ☐ Carefully transfer to a large bowl. Set aside to cool for at least 5 minutes.



2 Prepare the remaining ingredients:

- ☐ While the vegetables roast, cut off and discard the root end of the **endive**; roughly chop. Peel and medium dice the **orange**.

3 Make the dressing:

- ☐ While the vegetables continue to roast, in a bowl, whisk together the **vinegar** and **1 tablespoon of olive oil**. Season with salt and pepper to taste.

4 Cook the fish:

- ☐ While the vegetables continue to roast, pat the **fish** dry with paper towels. Transfer to a cutting board, skin side down. Cut into 2 equal-sized pieces; season with salt and pepper on both sides.
- ☐ In a medium pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add the seasoned fish, 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.
- ☐ Transfer to a plate. Cover with aluminum foil to keep warm.



5 Make the salad & serve your dish:

- ☐ Just before serving, to the bowl of **cooled vegetables**, add the **chopped endive**, **diced orange**, and **dressing**; season with salt and pepper. Stir to combine. Season with salt and pepper to taste.
- ☐ Serve the **cooked fish** with the salad. Top the fish with a drizzle of olive oil. Enjoy!

