

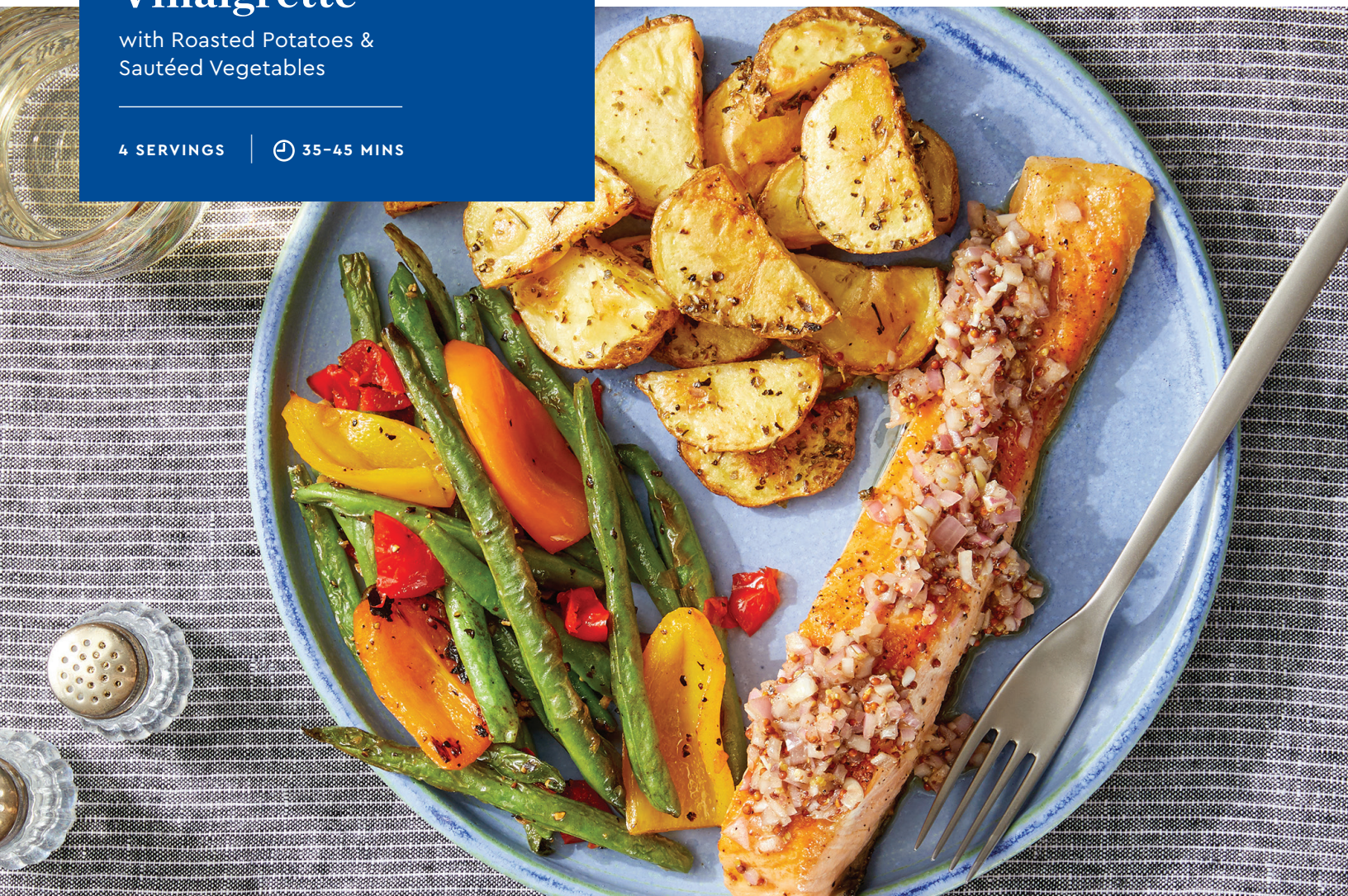
Seared Salmon & Shallot-Dijon Vinaigrette

with Roasted Potatoes & Sautéed Vegetables

4 SERVINGS

⌚ 35-45 MINS

 **Blue Apron**
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Ingredients*



4 Skin-On Salmon Fillets



1 ¾ lbs Potatoes



1 oz Pickled Peppadew Peppers



1 Tbsp Italian Seasoning¹



2 cloves Garlic



¾ lb Green Beans



1 Tbsp Rice Vinegar



2 Bell Peppers



1 Shallot



2 Tbsps Whole Grain Dijon Mustard



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1. Whole Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme & Marjoram
*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

1 Prepare & roast the potatoes

- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Halve the **potatoes** lengthwise, then cut crosswise into 1/2-inch pieces.
- Place on a sheet pan. Drizzle with **olive oil**; season with salt, pepper, and the **Italian seasoning**. Toss to coat. Arrange in an even layer.
- Roast 21 to 23 minutes, or until lightly browned and tender when pierced with a fork.
- Remove from the oven.



2 Prepare the remaining ingredients & make the vinaigrette

- Meanwhile, cut off and discard any stem ends from the **green beans**.
- Cut off and discard the stems of the **bell peppers**. Quarter lengthwise; remove the ribs and seeds, then cut lengthwise into 1-inch-thick strips.
- Peel and roughly chop **2 cloves of garlic**.
- Roughly chop the **peppadew peppers**.
- Peel the **shallot**; finely chop to get 2 tablespoons (you may have extra).
- In a bowl, combine the **chopped shallot, vinegar, and mustard**. Slowly whisk in **2 tablespoons of olive oil** until thoroughly combined. Taste, then season with salt and pepper if desired.



3 Cook & finish the vegetables

- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **green beans** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned.
- Add the **bell pepper pieces**; season with salt and pepper. Cook, stirring occasionally, 4 to 5 minutes, or until slightly softened.
- Add the **chopped garlic**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until slightly softened.
- Add **1/4 cup of water** (carefully, as the liquid may splatter). Cook, stirring frequently, 1 to 2 minutes, or until the water has cooked off.
- Transfer to a bowl. Add the **chopped peppadew peppers**; season with salt and pepper. Stir to combine; cover with foil to keep warm.
- Wipe out the pan.



4 Cook the fish & serve your dish

- Pat the **fish** dry with paper towels. Season with salt and pepper on both sides.
- In the same pan, heat **2 teaspoons of olive oil** on medium until hot.
- Add the seasoned fish, skin side up. Loosely cover the pan with foil. Cook 3 to 5 minutes, or until lightly browned. Flip and cook 2 to 4 minutes, or until browned and cooked through.*
- Turn off the heat.
- Serve the **cooked fish** with the **roasted potatoes** and **finished vegetables**. Top the fish with the **vinaigrette**. Enjoy!



*The USDA recommends a minimum safe cooking temperature of 145°F for fish.

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CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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