

Seared Salmon & Scallion-Dijon Vinaigrette

with Roasted Potatoes & Sautéed Vegetables

4 SERVINGS


⌚ 30-40 MINS

 **Blue Apron**
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Ingredients*


 4 Skin-On Salmon Fillets

 1 ¾ lbs Potatoes

 2 cloves Garlic

 2 Bell Peppers

 ½ lb Mushrooms

 1 oz Pickled Peppadew Peppers

 2 Scallions

 2 Tbsps Whole Grain Dijon Mustard

 1 Tbsp White Balsamic Vinegar

 1 Tbsp Italian Seasoning¹



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

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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.
- Transfer to a sheet pan. Drizzle with **olive oil** and 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 the **mushrooms** into bite-sized pieces.
- Cut off and discard the stems of the **bell peppers**. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise.
- Peel and roughly chop **2 cloves of garlic**.
- Roughly chop the **peppadew peppers**.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- In a bowl, combine the **sliced white bottoms of the scallions**, **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 **mushroom pieces** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned.
- Add the **sliced bell peppers**. Cook, stirring occasionally, 3 to 4 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.
- Transfer to a bowl. Add the **chopped peppadew peppers** and 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 a drizzle 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**. Garnish with the **sliced green tops of the scallions**. 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, sesame, and wheat.
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