

Pan-Seared Salmon

with Arugula, Candy Stripe Beets & Horseradish Sour Cream

It's not a dream! These beets, though fantastical seeming, are real. One of our favorite things, it's called a candy stripe (or Chioggia) beet. It's a Northern Italian cultivar with gorgeous, concentric, red and white rings. It's especially sweet, and it doesn't stain as easily as the more common, maroon beet. In this recipe, you'll use it to add satisfying earthiness to rich, seared salmon, farro and Brussels sprouts served with horseradish-spiced sour cream.



Ingredients

- 2 Salmon Fillets
- $\frac{3}{4}$ Cup Pearled Farro
- 3 Ounces Brussels Sprouts
- 2 Ounces Arugula
- 6 Ounces Baby Candy Stripe Beets
- 1 Bunch Chives

Knick Knacks

- 1 1-Inch Piece Fresh Horseradish
- 1 Shallot
- 1 Tablespoon Sherry Vinegar
- $\frac{1}{4}$ Cup Sour Cream

Makes 2 Servings
About 560 Calories Per Serving



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Recipe #467

1



Cook the beets:

Wash and dry the fresh produce. Heat a large pot of salted water to boiling on high. Add the **beets** and cook 28 to 30 minutes, or until tender when pierced with a fork; drain and set aside. When the beets are cool enough to handle, using a paper towel and your fingers, gently rub the skin off each beet; discard the skins. Thinly slice the beets into rounds.

2



Prepare the ingredients:

While the beets cook, heat a medium pot of salted water to boiling on high. Remove the salmon from the refrigerator to bring to room temperature. Cut off and discard the stem ends of the Brussels sprouts. Cut each sprout in half lengthwise, then thinly slice. Peel and finely grate the horseradish. Peel and mince the shallot to get 2 tablespoons of minced shallot (you may have extra shallot); place in a small bowl with the **sherry vinegar**. Finely chop the chives.

3



Cook & dress the farro:

While the beets continue to cook, add the **farro** to the medium pot of boiling water. Cook 16 to 18 minutes, or until tender. Drain thoroughly and return to the pot. Add the **arugula** and a drizzle of olive oil. Stir to incorporate and season with salt and pepper to taste.

4



Make the horseradish sour cream:

While the farro cooks, in a small bowl, whisk together the **horseradish** and **sour cream**; season with salt and pepper to taste.

5



Cook the fish:

Season the **salmon fillets** with salt and pepper on both sides. In a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned fillets. Cook 2 to 3 minutes per side, or until they reach your desired degree of doneness.

6



Finish & plate your dish:

In a large bowl, combine the **Brussels sprouts**, **shallot-vinegar mixture**, **chives** and **sliced beets**. Add a drizzle of olive oil; toss to mix and season with salt and pepper to taste. Divide the **dressed farro and arugula** between 2 dishes. Top each with a **salmon fillet** and half the **salad**. Garnish with the **horseradish sour cream**.