



Harissa Butter Grilled Salmon

with Spiced Carrots & Spinach Salad



30-40min



2 Servings

Butter makes everything better—especially when it's mixed with spices! Here we create a compound butter by combining it with harissa, a warming North African blend. We spoon the spiced butter over char-grilled salmon and serve it alongside baharat-honey-glazed carrots and fresh baby spinach. This dinner is the perfect blend of sweet and savory with just a touch of heat.

What we send

- 2 scallions
- 2 carrots
- ½ oz honey
- ¼ oz baharat spice blend
- 2 oz roasted red peppers
- ¼ oz harissa spice blend
- 3 oz baby spinach
- 10 oz pkg salmon filets ⁴

What you need

- butter ⁷
- kosher salt & ground pepper
- olive oil
- white wine vinegar (or apple cider vinegar) ¹⁷

Tools

- grill or grill pan
- medium skillet
- meat mallet (or heavy skillet)

Cooking tip

Heat oil in a skillet over medium-high. Add chicken; cook until golden and cooked through, 3-4 minutes per side. Add scallions and cook until tender and lightly charred, about 1 minute.

Allergens

Fish (4), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 610kcal, Fat 44g, Carbs 23g, Protein 32g



1. Prep ingredients

Preheat a grill to medium-high, if using.

Trim **scallions**, then very thinly slice 1 tablespoon scallion dark greens; leave remaining scallions whole. Transfer sliced scallions to a small bowl; add **2 tablespoons butter** and set aside to soften slightly.

Peel **carrots**; cut into ¼-inch thick slices on an angle.

In a small bowl, stir to combine **honey** and **½ teaspoon baharat spice**.



4. SALMON VARIATION

Preheat a grill pan to medium-high, if using.

Pat **salmon** dry. Rub with **oil** and season with **salt** and **several grinds of pepper**.



2. Make harissa butter

Finely chop **roasted red peppers**. Add chopped peppers to bowl with **sliced scallions and butter**. Add **¼-½ teaspoon harissa spice** (depending on heat preference) and season with **salt** and **pepper**. Mash with a spoon or fork until combined. Set **harissa butter** aside until step 6.



5. Grill salmon & scallions

Oil grates of grill or grill pan. Add **salmon** and **long scallion pieces** and cook, turning once or twice until lightly charred and cooked through, about 7 minutes for salmon and 3-4 minutes for scallions. Transfer to a cutting board. Cut scallions into 1-inch pieces.



3. Cook carrots

Heat **1 tablespoon butter** in a medium skillet over medium-high. Add **carrots** and cook, stirring, until just starting to brown, about 5 minutes. Add **¼ cup water**, cover, and cook over medium heat until tender and water is evaporated, about 3 minutes. Add **honey spice mixture** and cook, stirring, until glazed, 1-2 minutes more. Cover and keep warm off the heat.



6. Finish & serve

In a medium bowl, whisk **1 tablespoon oil** with **1½ teaspoons vinegar** and season to taste with **salt** and **pepper**; add **spinach** and toss to combine. Transfer **salad** to plates and top with **grilled salmon** and **scallions**. Spoon **harissa butter** over top and serve **spiced carrots** alongside. Enjoy!