



## Seared Salmon with Kale, Farro & Pear Salad

Candied Pecans & Blue Cheese



30min



2 Servings

A great kale salad is all about bold flavors and contrasting textures. We toss kale leaves with crunchy candied pecans, juicy pears, blue cheese, farro, and dried sweet cherries. Massaging the kale with a fresh orange-honey vinaigrette tenderizes the leaves and adds a bright, citrusy flavor. Seared salmon and ready-made fried shallots are the final topping to this dinner-worthy salad—it will turn you into a kale salad convert!



## What we send

- 4 oz farro <sup>1</sup>
- ¼ oz ground cinnamon
- 1 oz pecans <sup>15</sup>
- 1 bunch curly kale
- 1 orange
- ½ oz honey
- 10 oz pkg salmon filets <sup>4</sup>
- 1 oz dried cherries
- 1 oz blue cheese crumbles <sup>7</sup>
- 1 pear
- ½ oz fried onions <sup>6</sup>

## What you need

- kosher salt & ground pepper
- sugar
- vanilla extract
- apple cider vinegar (or red wine vinegar)
- olive oil

## Tools

- medium saucepan
- small skillet
- microplane or grater
- medium nonstick skillet

## Allergens

Wheat (1), Fish (4), Soy (6), Milk (7), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 1140kcal, Fat 67g, Carbs 86g, Protein 46g



### 1. Cook farro

Bring a medium saucepan of salted water to a boil. Add **farro** and cook until tender, 18-20 minutes. Drain well.

Line a plate with parchment paper.



### 2. Candy pecans

To a small skillet, add **1 tablespoon sugar**, **½ teaspoon water**, **⅓ teaspoon each of vanilla and cinnamon**, and **a small pinch of salt**. Cook over medium heat, stirring, until sugar melts and is bubbling.

Stir in **pecans**, tossing until nuts are evenly coated and smell nutty, 2-3 minutes (watch closely as the nuts will burn quickly!). Immediately spread onto parchment to cool.



### 3. Prep & make dressing

Strip **kale leaves** from tough stems; discard stems. Tear or chop leaves into bite-sized pieces; transfer to a large bowl.

Into a small bowl or measuring cup, finely grate **½ teaspoon orange zest** and squeeze **2 tablespoon juice**. Whisk in **honey**, **1 tablespoon apple cider vinegar**, and **¼ cup oil**. Season to taste with **salt** and **pepper**.



### 4. Massage kale

To bowl with **kale**, add **2 tablespoons of the dressing** and a **pinch each of salt and pepper**. Use your hands to massage well until kale is bright green and slightly wilted.



### 5. Cook salmon

Pat **salmon** dry and season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high until shimmering. Add salmon, skin-side down; lightly press each filet for 10 seconds. Lower heat to medium; cook until skin is browned and crisp, 4-5 minutes. Flip and cook until just medium, about 1 minute more.



### 6. Finish & serve

To bowl with **kale**, add **farro**, **dried cherries** and **crumbled blue cheese**. Break in **candied pecans**. Toss well to combine. Quarter **pear** lengthwise, remove core, then slice lengthwise into ¼-inch-thick slices. Divide **salad** between bowls. Top with **sliced pears**, **salmon**, and **fried shallots**. Drizzle with **remaining dressing**. Enjoy!