



Pecan-Crusted Wild Salmon

with Sweet Potato Fries



30-40min



2 Servings

We love topping delicate fish fillets with a rich and crispy topping—it adds textural contrast. Here, we top wild salmon with toasted pecans and panko for an irresistible nutty crunch. The fillets roast in the oven alongside sweet potato fries and crisp broccoli florets. A garlicky dill aioli on the side is the perfect creamy dipping sauce. This sheet pan dinner is impressive, plus easy clean-up! It's a win, win.

What we send

- 1 sweet potato
- 1 oz pecans ¹⁵
- ½ lb broccoli
- 1 lemon
- 1 oz panko ¹
- 10 oz pkg wild-caught sockeye salmon ⁴
- garlic
- ¼ oz fresh dill
- 1 oz mayonnaise ^{3,6}

What you need

- neutral oil
- kosher salt & ground pepper

Tools

- rimmed baking sheet
- microplane or grater

Allergens

Wheat (1), Egg (3), Fish (4), Soy (6), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 750kcal, Fat 48g, Carbs 50g, Protein 40g



1. Roast sweet potato fries

Preheat oven to 425°F with a rack in the lower third. Scrub **sweet potato**, cut lengthwise into ½-inch thick slabs, and cut each slab into ¼-inch thick sticks.

On a rimmed baking sheet, toss potatoes with **1 tablespoon oil** and season with **salt** and **pepper**. Roast on lower rack until golden brown underneath, 12-15 minutes (watch closely as ovens vary).



4. Roast broccoli & salmon

Flip **potatoes** and push to one side of baking sheet. Add **broccoli** and **salmon**, skin side down, to other side. Mound **some of the seasoned panko** on top of salmon. Drizzle broccoli and salmon with **oil**. Season broccoli with **salt** and **pepper**. Roast on lower oven rack until potatoes and broccoli are tender and browned in spots, and salmon is just medium, 12-13 minutes.



2. Prep ingredients

Meanwhile, finely chop **pecans**. Cut **broccoli** into 1-inch florets, if necessary.

Finely grate **½ teaspoon lemon zest** into a shallow bowl, then add **panko, pecans,** and **1½ tablespoons oil**. Season with **salt** and **pepper** and rub with your fingers to combine.



5. Make aioli

Meanwhile, finely chop **½ teaspoon garlic**. Finely chop **1 teaspoon dill fronds and stems**. Squeeze **2 teaspoons lemon juice** into a small bowl; cut any remaining lemon into wedges.

To bowl with lemon juice, stir in **chopped dill, garlic,** and **mayonnaise**. Season to taste with **salt** and **pepper**.



3. Prep salmon

Pat **salmon** dry and season all over with **salt**.



6. Finish & serve

Place **salmon, broccoli,** and **sweet potatoes** on plates. Serve with **aioli** on the side, and with **any lemon wedges** for squeezing over. Enjoy!