



Citrus Kale Salad with Poached Wild Salmon

Cashews & Sesame Dressing



under 20min



2 Servings

Tender kale. Sunny citrus. Crunchy cashews. Poached wild salmon. Sweet and savory sesame dressing. Umami furikake. Shall we go on? Delicious texture and color all come together in this delightfully filling and veggie-packed salad to fuel you from the inside out.

What we send

- garlic
- 1 orange
- 1 bunch curly kale
- 10 oz pkg wild-caught sockeye salmon ⁴
- 2 oz sesame dressing ^{1,6,11}
- 1 oz salted cashews ¹⁵
- ¼ oz furikake ¹¹

What you need

- neutral oil
- kosher salt & ground pepper

Tools

- medium skillet

Cooking tip

You can poach the salmon the day before and store in an airtight container in the refrigerator. When ready to serve, assemble as directed in step 5.

Allergens

Wheat (1), Fish (4), Soy (6), Sesame (11), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

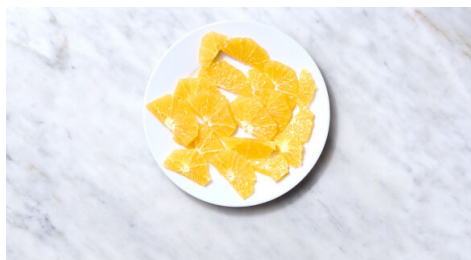
Calories 530kcal, Fat 26g, Carbs 37g, Protein 38g



1. Prep ingredients

Smash **1 garlic clove**. Peel 1 (3-inch) strip from **orange**. Strip **kale leaves** from stems; discard stems. Stack leaves and thinly slice crosswise.

In a large bowl, gently knead and squeeze kale with **1 tablespoon oil** and **a pinch of salt** until leaves are evenly coated, have started to soften, and are slightly wilted, about 1 minute.



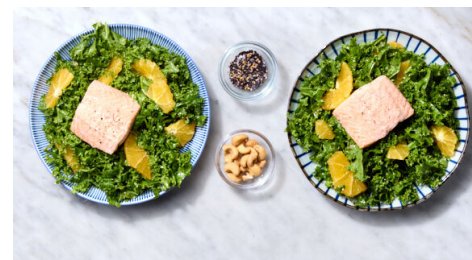
4. Cut orange

While **salmon** poaches, cut ends from **orange**. Stand orange on one end, then cut peel and white pith from top down (following the curve of the orange). Halve orange from top to bottom, then slice crosswise into ¼-inch thick half-moons.



2. Make poaching liquid

In a medium skillet, stir to combine **smashed garlic, orange peel, 2 cups water, 1 teaspoon salt, and a few grinds of pepper**. Bring to a simmer over medium-high heat.



5. Finish & serve

Place **kale** and **oranges** in a large bowl; toss with **sesame dressing**. Season to taste with **salt** and **pepper**.

Serve **kale salad** topped with **salmon, cashews, and a sprinkling of furikake**. Enjoy!



THIS IS A CUSTOMIZED RECIPE STEP

We've tailored the instructions below to match your recipe choices. Happy cooking!

3. Poach salmon

Season **salmon** all over with **salt** and **pepper**.

Reduce heat to a very gentle simmer and add salmon, skin side down. Cover and simmer gently, occasionally spooning **poaching liquid** over salmon, until cooked to desired doneness, about 5 minutes for medium. Remove salmon from skillet with a slotted spoon and carefully remove skin.



6. Rate your plate!

When you rate your meals we can give you more of the flavors you love. Tell us what you thought of this recipe on the app or website.