



Moroccan Salmon

with Apricot Chutney & Kale Salad

 20-30min  2 Servings

Ras el hanout-spiced salmon sears up in a hot pan until its skin is crisp and golden and the fish is cooked to a perfect medium. Set atop a bed of tender kale studded with salted almonds, it's nearly too good to be true. The apricot chutney does double duty as part salad dressing and part condiment.

What we send

- 10 oz pkg salmon filets ¹
- ¼ oz ras el hanout
- 1 oz diced dried apricots
- 1 bunch curly kale
- 2 (¾ oz) Parmesan ²
- 1 oz salted almonds ³

What you need

- olive oil
- kosher salt & ground pepper
- apple cider vinegar
- sugar

Tools

- small saucepan
- medium nonstick skillet

Allergens

Fish (1), Milk (2), Tree Nuts (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 890kcal, Fat 69g, Carbs 25g, Protein 43g



1. Prep salmon

Pat **salmon** dry. Rub all over with **1 tablespoon oil**; season with **1¼ teaspoons ras el hanout**, **½ teaspoon salt**, and **several grinds of pepper**. Set aside until step 4.



4. Cook salmon

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.



2. Make chutney

Finely chop **apricots** into ⅛-inch pieces, if necessary.

Add to a small saucepan with **¼ cup water**, **2½ tablespoons vinegar**, and **1 tablespoon sugar**. Bring to a boil. Reduce heat to medium and cook until liquid is reduced to a syrup, 3-4 minutes. Season to taste with **salt**.



5. Prep Parmesan & almonds

While **salmon** cooks, use a vegetable peeler to thinly shave **Parmesan** (or cut into very thin slices).

Coarsely chop **almonds**.



3. Prep kale

Meanwhile, strip **kale leaves** from stems; discard stems. Stack leaves, roll like a cigar, then cut crosswise into thin ribbons.

Toss in a large bowl with **½ teaspoon each of salt and sugar**. Using your hands, squeeze and massage kale until softened, about 10 times.



6. Finish & serve

Add **2 tablespoons vinegar** and **¼ cup oil** to bowl with **kale**; toss to combine. Add **Parmesan** and **⅓ of the chutney**; toss to combine. Spoon onto plates and sprinkle with **almonds**.

Serve **salmon** and **salad** with **remaining chutney** alongside. Enjoy!