



Za'atar Salmon & Harissa Roasted Carrots

with Smashed Potatoes



30-40min



2 Servings

Za'atar is a Middle Eastern spice blend that combines savory flavors of herbs and spices like oregano, thyme, cumin, and coriander, and sesame seeds. We crust juicy salmon filets with this flavorful blend before cooking them in a hot skillet. The salmon is served alongside roasted veggies coated in harissa, and it's finished with a sprinkle of lemon zest and fresh parsley.

What we send

- 1 medium bag carrots
- 1 red onion
- ½ lb fingerling potatoes
- 10 oz pkg salmon filets ¹
- ¼ oz za'atar spice blend ²
- ¼ oz harissa spice blend
- ¼ oz fresh parsley
- 1 oz salted pistachios ³
- 1 lemon

What you need

- kosher salt & pepper
- olive oil

Tools

- medium saucepan
- rimmed baking sheet
- microplane or grater
- medium nonstick skillet

Allergens

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

Nutrition per serving

Calories 810kcal, Fat 54g, Carbs 46g,
Protein 37g



1. Prep ingredients

Preheat oven to 450°F with a rack in the lower third. Bring a medium saucepan of **salted water** to a boil.

Trim **carrots**, then cut about 1½ cups into ¼-inch thick slices on an angle. Halve and cut **all of the onion** into ¼-inch-thick wedges.



4. Roast potatoes & carrots

To **potatoes and carrots** in saucepan, add **onion, 2 tablespoons oil, 1 teaspoon harissa spice**, and a **generous pinch of salt**; toss to coat. Transfer to a rimmed baking sheet.

Using a sturdy cup (or smooth side of meat mallet), gently press potatoes to lightly smash. Drizzle any **remaining harissa oil** from saucepan over. Roast on lower rack until lightly browned, about 15 minutes.



2. Boil potatoes & carrots

Add **potatoes** to boiling water. Cook over medium-high heat until barely tender when pierced with the tip of a knife, 6-8 minutes. Add **carrots** to the saucepan and continue to cook potatoes and carrots together until both are tender, 5-7 minutes more. Drain vegetables, shaking out excess water, and return to saucepan. Set aside until step 4.



5. Prep garnish

Meanwhile, pick **parsley leaves** from stems; discard stems. Coarsely chop parsley leaves and **pistachios** together. Finely grate ¼ **teaspoon lemon zest** into a small bowl. Cut any remaining lemon into wedges.

Into bowl with lemon zest, stir to combine **chopped parsley and pistachios, 1 tablespoon oil**, and a **pinch of salt**.



3. Prep salmon

While **veggies cook**, pat **salmon** dry. Season all over with **2 teaspoons za'atar spice** and a **generous pinch each of salt and pepper**. Let sit until step 6.



6. Cook salmon & serve

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high until shimmering. Add **fish**, skin-side down. Lower heat to medium; cook until skin is browned and crisp, 4-5 minutes. Flip; cook until medium, 1 minute more. Add **parsley mixture** to **vegetables** on baking sheet; toss to coat.

Serve **fish** with **veggies** alongside, and **any lemon wedges** for squeezing. Enjoy!