



Salmon & Roasted Sweet Potatoes

with Crispy Chickpeas



30-40min



2 Servings

| This version of the recipe is customized with salmon.

What we send

- 2 sweet potatoes
- 15 oz chickpeas
- ¼ oz baharat spice blend ¹¹
- 1 lemon
- 2 plum tomatoes
- ¼ oz fresh dill
- ¼ oz fresh parsley
- 1 oz capers ¹²
- 1 oz tahini ¹¹
- 10 oz pkg salmon filets ⁴

What you need

- olive oil
- kosher salt & ground pepper
- red wine vinegar (or vinegar of your choice)
- garlic
- sugar

Tools

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

Cooking tip

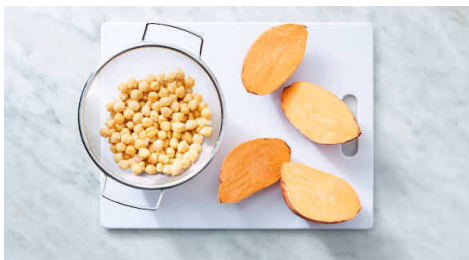
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Allergens

Fish (4), Sesame (11), Sulphur dioxide and sulphites (12). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 1050kcal, Fat 67g, Carbs 91g, Protein 47g



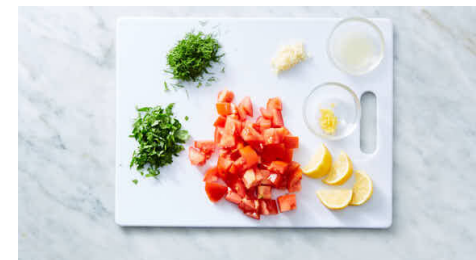
1. Prep potatoes & chickpeas

Preheat oven to 400°F with a rack in the lower third. Scrub **sweet potatoes**, then halve each lengthwise. Drain and rinse **chickpeas**, then pat dry. Drizzle cut sides of potatoes with **oil** and season with **a pinch each of salt and pepper**. Transfer, cut side down, to one side of a rimmed baking sheet.



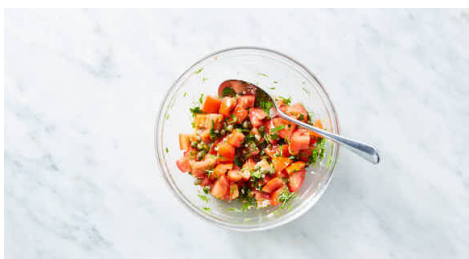
2. Cook potatoes & chickpeas

On empty side of same baking sheet, toss **chickpeas** with **1 tablespoon oil, 1 teaspoon baharat spice blend**, and **½ teaspoon salt**. Transfer to lower oven rack and roast until potatoes are tender when pierced with a knife and chickpeas are crispy, 25–30 minutes (watch closely as ovens vary).



3. Prep ingredients

Meanwhile, finely grate **½ teaspoon lemon zest** and squeeze **2 teaspoons lemon juice**, keeping them separate. Cut any remaining lemon into wedges. Finely chop **2 teaspoons garlic**. Cut **tomatoes** into ½-inch pieces. Coarsely chop **dill and parsley**, keeping them separate. Reserve 1 tablespoon each of the chopped dill and parsley for step 6.



4. Prep tomatoes & dressing

In a small bowl, combine **tomatoes, capers, lemon zest, remaining dill and parsley, half the garlic, 2 tablespoons oil, 1 tablespoon vinegar, ½ teaspoon salt**, and **¼ teaspoon sugar**. Season to taste with **pepper**.

In a separate small bowl, combine **tahini, remaining garlic, half the lemon juice, 2 tablespoons water, 1 tablespoon oil**, and **a pinch of sugar**. Season to taste.



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. Cook until skin is charred and crisp in spots, about 4 minutes. Flip and cook until just medium, about 1 minute more.



6. Assemble & serve

Remove **potatoes** and **chickpeas** from oven. Carefully toss chickpeas with **remaining lemon juice** on baking sheet. Place potatoes on a plate and top with **a few spoonfuls of the chickpeas** and **marinated tomatoes**. Drizzle **tahini dressing** over top and garnish with **reserved chopped dill and parsley**. Serve with **lemon wedges** and **salmon**. Enjoy!