



Salmon & Mustard Pan Sauce

with Roasted Sweet Potato & Kale



20-30min



2 Servings

There are a lot of ways to make a weeknight dinner special—but a fancy salmon dinner sounds just about right to us. Soft, tender sweet potatoes, earthy green kale, crispy fried shallots, juicy seared salmon, plus a punchy mustard pan sauce make for a meal that will definitely end your night on a tasty note!

What we send

- 1 sweet potato
- 1 shallot
- 1 bunch curly kale
- 10 oz pkg salmon filets ⁴
- 2 pkts Dijon mustard

What you need

- olive oil
- kosher salt & ground pepper
- white wine vinegar (or apple cider vinegar) ¹⁷
- butter ⁷

Tools

- rimmed baking sheet
- medium skillet

Allergens

Fish (4), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 780kcal, Fat 52g, Carbs 38g, Protein 36g



1. Prep ingredients

Preheat oven to 450°F with a rack in the center. Scrub **sweet potato**, then cut lengthwise into ½-inch thick wedges. Halve and thinly slice **all of the shallot** lengthwise. Strip **kale leaves** from stems, then roughly chop leaves, discarding stems. In a medium bowl, toss kale with **2 teaspoons oil** and season with **salt** and **pepper**.



4. Cook salmon

Pat **fish** dry.

Heat **1 tablespoon oil** in same skillet over medium-high. Reduce heat to medium; add fish, skin-side down. Firmly press each filet with back of a spatula, 10 seconds. Cook, occasionally pressing gently on filets, until skin is well browned and very crisp and fish is almost cooked through, about 5 minutes. Flip and cook until just medium, about 1 minute more.



2. Roast sweet potato wedges

On a rimmed baking sheet, toss **sweet potato wedges** with **1 tablespoon oil** and **a pinch each of salt and pepper**. Spread into a single layer and roast on center oven rack until potatoes are tender and golden, about 20 minutes.



5. Make pan sauce

Add ⅓ **cup water**, **mustard**, and **1 tablespoon vinegar** to same skillet; bring to a rapid simmer over medium-high. Cook, scraping up browned bits from bottom of the skillet, until slightly reduced, about 2 minutes. Add **1 tablespoon butter** and **any resting juices** from the steak and swirl until melted. Season to taste with **salt** and **pepper**.



3. Fry shallots

Meanwhile, heat **3 tablespoons oil** in a medium skillet over medium until shimmering. Add **shallots** and cook, stirring frequently with a fork, until golden, 7-10 minutes (watch closely, shallots will continue to darken once out of the oil). Transfer to a paper towel-lined plate; season with **salt**. Discard **frying oil**.



6. Wilt kale & serve

Meanwhile, scatter **kale** over **sweet potatoes** and continue to roast on center oven rack until kale is wilted, about 5 minutes. Serve **salmon** with **roasted sweet potatoes and kale**, and spoon **sauce** all over. Top with **fried shallots**. Enjoy!