



Wild Salmon with Roasted Beet Rice Pilaf

& Gravlax Sauce



30-40min



2 Servings

This Scandinavian-inspired supper highlights quality ingredients and fresh flavors. We season wild salmon filets with salt and sugar to create a savory caramelized crust. But the real star is the vibrant rice pilaf! It gets its stunning hue from sweet roasted beets while toasted pecans and poppyseeds take it to the next level. A generous dollop of tangy homemade gravlax-style sauce with fresh dill makes for the perfect bite.

What we send

- 1 red beet
- 1 shallot
- 5 oz jasmine rice
- 10 oz pkg wild-caught sockeye salmon ⁴
- 1 oz pecans ¹⁵
- ¼ oz fresh dill
- 2 (1 oz) mayonnaise ^{3,6}
- 2 (¼ oz) Dijon mustard
- ¼ oz poppy seeds

What you need

- olive oil
- kosher salt & ground pepper
- sugar

Tools

- rimmed baking sheet
- small saucepan
- medium nonstick skillet

Allergens

Egg (3), Fish (4), Soy (6), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

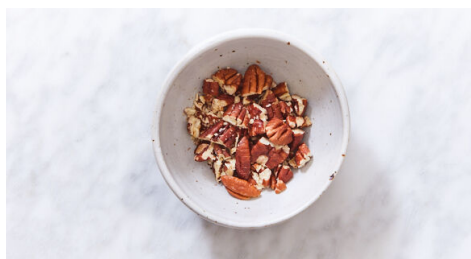
Nutrition per serving

Calories 930kcal, Fat 50g, Carbs 81g, Protein 42g



1. Roast beets

Preheat oven to 450°F with a rack in the upper third. Peel **beets**, then cut into ½-inch pieces. On a rimmed baking sheet, toss beets with **1 tablespoon oil** and season with **salt** and **pepper**. Roast upper oven rack until browned all over and tender when pierced with a knife, 20-25 minutes.



4. Toast pecans

Place **pecans** in a medium nonstick skillet over medium-high. Cook, stirring, until pecans are fragrant and toasted, 3-5 minutes (watch closely). Transfer to a bowl. Wipe out skillet. Heat **1 tablespoon oil** in same skillet over medium-high until shimmering.



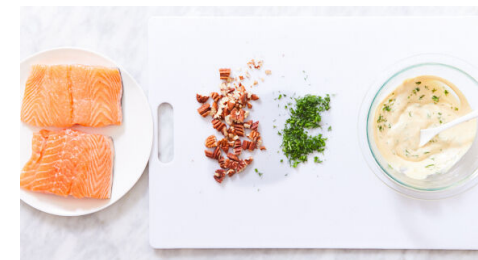
2. Make rice

Finely chop **shallot**. Heat **1 tablespoon oil** in a small saucepan over medium-high. Add **rice** and **half the shallots**; cook, stirring, until rice is toasted, about 2 minutes. Stir in **1¼ cups water** and **½ teaspoon salt**. Bring to a boil. Cover and cook over low until rice is tender and water is absorbed, about 17 minutes. Keep covered until step 6.



5. Cook salmon

Reduce skillet heat to medium, then add **salmon fillets**, skin side down. Press each fillet firmly in place for 10 seconds with the back of a spatula. Continue to cook, occasionally pressing gently on fillets, until skin is well browned and very crisp and salmon is almost cooked through, about 5 minutes. Flip salmon; cook until it is just medium, about 1 minute more.



3. Prep ingredients

Pat **salmon** very dry, then sprinkle flesh side of each fillet with **¼ teaspoon each of salt and sugar**. Coarsely chop **pecans**. Finely chop **dill leaves and tender stems**. In a small bowl, stir to combine **mayonnaise, all of the Dijon mustard, and half of the chopped dill**. Season to taste with **salt** and **pepper**.



6. Finish & serve

Stir **beets, remaining shallots, pecans, and poppy seeds** into **rice**. Season to taste with **salt** and **pepper**. Serve **rice** topped with **salmon** and **gravlax sauce**. Sprinkle **remaining dill** over top. Enjoy!