



Smoked Salmon and Beet Salad

with Apples, Walnuts & Horseradish Dressing



45min



2 Servings

This crisp and cool salad hits all the right notes. Antioxidant-rich beets roast in the oven until tender to complement the crunchy additions of sliced apple and toasted walnuts. Smoked salmon adds a luxurious touch, while a homemade dressing of sour cream and horseradish brings sharp and creamy balance. Neutral spinach provides the perfect leafy bed to not contend with the multitude of texture and flavor.

What we send

- 1 red beet
- 1 oz walnuts ¹
- 1 oz sour cream ²
- 1 oz horseradish ³
- 3 oz pkg smoked salmon ⁴
- 1 Granny Smith apple
- 5 oz baby spinach

What you need

- olive oil
- kosher salt & ground pepper
- white wine vinegar (or red wine vinegar)
- sugar

Tools

- aluminium foil
- rimmed baking sheet

Allergens

Tree Nuts (1), Milk (2), Soy (3), Fish (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 450kcal, Fat 31g, Carbs 31g, Protein 16g



1. Roast beets

Preheat oven to 425°F. Peel and quarter **beet**; cut into ¼-inch thick pieces. Set beets in the center of a large piece of foil. Drizzle with **1 teaspoon oil** and season with **salt** and **pepper**. Fold up foil, closing tightly, and place on a baking sheet. Roast until tender, 20-25 minutes. Transfer packet to a plate, carefully open foil and let cool slightly.



4. Prep salad

Cut off sides of **apple** and discard core. Cut remaining apple into slices, then cut lengthwise into matchsticks. In a medium bowl, whisk **2 tablespoons oil** with **1 tablespoon vinegar** and a **pinch of sugar**. Season with **salt** and **pepper**.

Add **salmon**, **apple**, **spinach**, and **walnuts**; toss to combine.



2. Make dressing, prep fish

Meanwhile, in a small bowl, whisk **sour cream**, **1 tablespoon vinegar**, **2 teaspoons horseradish**, and **¼ teaspoon granulated sugar**. Whisk in **½ teaspoon water** at a time until dressing is a loose, drizzling consistency. Season with **salt** and **pepper**.

Tear **salmon** into bite-size pieces.



5. Serve

Spread **half of the horseradish dressing** onto 2 plates and top with **beets**, then top with **salad**. Drizzle **remaining horseradish dressing** over top. Enjoy!



3. Toast walnuts

Add **walnuts** to baking sheet from beets and toast until fragrant and golden, 4-7 minutes. Toss with **½ teaspoon oil** and season with **salt**. When slightly cool, press with fingers to crush lightly.



6. Rate your plate!

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