

# MARLEY SPOON



## **Pan-Seared Salmon**

with Celery-Apple Salad & Toasted Pecans

 30min  2 Servings

An easy way to take your home-cooked meal from just okay to restaurant-worthy is with a pan sauce. Here, we pan sear tender salmon filets till juicy then use the fond (the precious browned bits left in the skillet) to make a luscious sauce. Add sweet shallots, fresh thyme, a splash of vinegar, and a pat of butter, and, eureka! You've got liquid gold.

## What we send

- ¼ oz fresh thyme
- 10 oz pkg salmon filets <sup>4</sup>
- 1 shallot
- 2 oz celery
- 1 apple
- 1 radish
- ¼ oz fresh parsley
- 1 lemon
- 1 oz pecans <sup>15</sup>

## What you need

- kosher salt & ground pepper
- olive oil
- sugar
- apple cider vinegar (or red wine vinegar)
- butter <sup>7</sup>

## Tools

- microplane or grater
- medium nonstick skillet

## Allergens

Fish (4), Milk (7), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 810kcal, Fat 66g, Carbs 28g, Protein 32g



### 1. Prep salmon

Pick **1 teaspoon thyme leaves**; reserve 2 sprigs for step 5. Pat **salmon** dry. Press thyme leaves into flesh side of salmon and season with **salt** and **pepper**. Let sit until step 4.



### 4. Cook salmon

Heat **1 tablespoon oil** in same skillet over medium-high until shimmering. Add **salmon**, skin-side down; lightly press each filet for 10 seconds. Lower heat to medium; cook until skin is browned and crisp, 4-5 minutes. Flip and cook until just medium, about 1 minute more. Transfer to a plate. Wipe out skillet.



### 2. Prep salad

Thinly slice **¼ cup shallot**; finely chop **1 tablespoon shallot**. Thinly slice **celery** on an angle. Quarter, core, and thinly slice **apple**. Thinly slice **radish**. Pick **parsley leaves** from stems. Into a medium bowl, grate **¼ teaspoon lemon zest** and squeeze **1 tablespoon juice**; whisk in **2 tablespoons oil** and a **pinch each of salt, pepper, and sugar**. Add sliced shallots.



### 5. Make pan sauce

Heat **1 tablespoon oil** in same skillet over medium. Add **chopped shallots** and **2 thyme sprigs**; cook, stirring, until shallot is golden, 1 minute. Add **2 tablespoons each of water and vinegar**, scraping up browned bits. Add **1 tablespoon butter**; cook, stirring, until butter is melted and sauce is thickened, about 2 minutes. Discard thyme sprigs.



### 3. Toast pecans

Coarsely chop **pecans**. Heat **1 teaspoon oil** in a medium nonstick skillet over medium-high heat. Add pecans and cook, stirring, until lightly browned, 2-3 minutes. Transfer to a plate and sprinkle with **salt**. Wipe out skillet.



### 6. Finish salad & serve

To bowl with **lemon dressing**, add **apple, celery, radish, and parsley leaves**; toss to combine. Season with **salt** and **pepper**. Serve **salad** topped with **toasted pecans** alongside **salmon**. Spoon **pan sauce** over **salmon**. Enjoy!