



Salmon & 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. Tender salmon filet 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 ¹⁵
- 1 oz sour cream ⁷
- 1 oz horseradish ^{6,17}
- 10 oz pkg salmon filets 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) ¹⁷
- sugar

Tools

- aluminium foil
- rimmed baking sheet
- medium nonstick skillet

Allergens

Fish (4), Soy (6), Milk (7), Tree Nuts (15), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 690kcal, Fat 49g, Carbs 31g, Protein 36g



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. 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.



2. Make dressing

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**.



5. 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 **apple**, **spinach**, and **walnuts**; toss to combine.



3. 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. Lower heat to medium; cook until skin is browned and crisp, 4-5 minutes. Flip and cook until just medium, about 1 minute more.



6. Serve

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