



Salmon Niçoise with Tarragon Vinaigrette

Tomatoes, Potatoes & Green Beans



20-30min



2 Servings

Choosing the right combination of ingredients is the base for a satisfying salad, but a tangy vinaigrette is crucial—it ties it all together! The key to mastering this French-inspired tarragon vinaigrette is emulsification! Slowing whisking oil into the vinegar mixture creates a cohesive dressing that won't separate as it sits.

What we send

- ½ lb fingerling potatoes
- ½ lb green beans
- 1 lemon
- ¼ oz fresh tarragon
- 1 romaine heart
- 2 plum tomatoes
- 1 oz Kalamata olives
- 1 oz capers ²
- 10 oz pkg salmon filets ¹
- 2 pkts Dijon mustard ²

What you need

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

Tools

- medium saucepan
- microplane or grater
- medium nonstick skillet

Allergens

Fish (1), Sulphites (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 740kcal, Fat 50g, Carbs 38g, Protein 37g



1. Cook potatoes

Scrub **potatoes**, then halve. Place in a medium saucepan. Add enough **salted water** to cover by 1-inch. Bring to a boil and cook until just tender when pierced with a fork, 3-5 minutes. Trim **green beans**, then cut in half crosswise, if desired; add to saucepan with potatoes. Cook until green beans are crisp-tender, about 2 minutes. Drain potatoes and green beans.



4. Sear salmon

Pat **salmon** dry, then season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add salmon, skin side down, and cook until skin is browned and crisp, and salmon is medium-rare, about 3 minutes per side (or longer for desired doneness).



2. Prep vinaigrette

Finely grate **1 teaspoon lemon zest**, then cut lemon into wedges. Pick and finely chop **2 teaspoons tarragon leaves**; discard stems. In a medium bowl, combine chopped tarragon with **3 tablespoons vinegar**; set aside until step 5.



5. Make tarragon vinaigrette

To bowl with **tarragon and vinegar**, whisk in **all of the Dijon mustard** and a **generous pinch of sugar**. Slowly pour **¼ cup oil** into vinegar mixture in a slow and steady stream, whisking constantly, until vinaigrette is emulsified (it will thicken slightly and have no visible traces of oil). Add **lemon zest** and whisk to combine. Season to taste with **salt** and **pepper**.



3. Prep salad

Tear **lettuce leaves** into large pieces; discard stem end. Cut **tomatoes** lengthwise into ½-inch thick wedges. Remove pits from **olives**, if necessary. Arrange lettuce on a platter, then top with **tomatoes, olives, capers, a drizzle of oil**, and a **squeeze of lemon juice**.



6. Dress salad & serve

Top **seasoned lettuce** with **potatoes, green beans, and salmon**, skin side up. Drizzle **tarragon vinaigrette** over top of **salad**. Enjoy!