

Maple-Dijon Salmon with Citrus Kale Salad

Featured in Martha's 100th Cookbook



30min



2 Servings

What we send

- 10 oz pkg salmon filets ²
- 2 (¼ oz) Dijon mustard
- garlic
- 1 oz maple syrup
- 1 oz pecans ⁴
- 1 bunch curly kale
- 1 orange
- 2 oz tri-colored sweet peppers
- 1 oz mayonnaise ^{1,3}

What you need

- olive oil
- kosher salt & ground pepper

Tools

- microplane or grater
- rimmed baking sheet

Allergens

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

Nutrition per serving

Calories 0kcal

1. Prep ingredients

Preheat oven to 400° F with a rack in the center. Finely grate ½ teaspoon garlic, zest 2 teaspoons orange. Finely chop pecans. Thinly slice peppadew peppers.

In a small bowl, mix to combine half of the garlic, half of the mayo, 1 teaspoon of the maple syrup and mustard. Season with salt and pepper.

4. Dressing

Pat salmon dry and place on parchment lined rimmed baking sheet. Spread evenly with mayo mustard mixture. Sprinkle the top with pecans. Transfer to oven and cook for 7–9 minutes. Switch oven to broil. Drizzle 2 teaspoons maple syrup over the top of the nuts on each fillet and broil until nuts just begin to brown and syrup is bubbling, 1–3 minutes.

2. Supreme orange

Cut the ends off the orange until you break through the pith. Lay orange flat on the counter and using a knife, run blade along the curve of the orange so that the peel and pith is removed. Cut along the membrane lines so that segments are removed. Juice remaining core and place juice in bowl with supremes.

5. Make salad dressing

Meanwhile, in a small bowl mix 1 teaspoon maple syrup, 2 tablespoons orange juice, orange zest, remaining garlic, and 2 tablespoons oil. Season to taste with salt and pepper. Add to bowl with kale along with orange segments and peppadew peppers. Toss to combine. Serve alongside salmon. Enjoy!

3. Massage kale

Strip kale leaves from tough stems, discarding stems. Tear or chop leaves into bite-sized pieces. In a large bowl, massage kale with 1 tablespoon oil until evenly coated and wilted. Set aside for 10 minutes.

6.