

# MARLEY SPOON



## Wild 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. Wild 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 <sup>4</sup>
- 1 oz sour cream <sup>2</sup>
- 1 oz horseradish <sup>3</sup>
- 10 oz pkg wild-caught sockeye salmon <sup>1</sup>
- 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
- medium nonstick skillet

## Allergens

Fish (1), Milk (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 580kcal, Fat 37g, Carbs 31g, Protein 38g



### 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 4 plates and top with **beets**, then top with **salad** and **salmon**. Drizzle **remaining horseradish dressing** over top. Enjoy!