





ONE-PAN
MEAL

Salmon and Vegetable Pan-Roast

with Harissa Vinaigrette

 30-40min  2 Servings

One-pan dinner? You'll never have to ask us twice! There's so much goodness going on in this recipe, it's hard to believe it only takes 30 minutes to come together. Beautiful beets and sweet potato slices roast until caramelized and tender. And a fragrant Baharat spice blend, consisting of allspice, cloves, cumin, and peppercorn, is rubbed on salmon to elevate a simple roasted fish. Cook, rela...

What we send

- beets
- white wine vinegar
- sweet potato
- can chickpeas
- mild harissa
- baby kale

What you need

Tools

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 760.0kcal, Fat 34.7g, Proteins 37.3g, Carbs 66.0g



1. Prep ingredients

Preheat oven to 450°F with racks in upper and middle positions. Peel beets, halve or quarter if large, and cut into ¼-inch thick slices. Peel sweet potato, quarter lengthwise, and slice ¾-inch thick. Drain and rinse chickpeas and pat dry. Halve olives.



4. Roast salmon

Rub salmon with Baharat spice blend and ¼ teaspoon salt. When sweet potatoes and chickpeas have roasted for 15 minutes, toss sweet potatoes, push chickpeas over slightly, and add salmon to the baking sheet, skin-side down. Roast together until salmon is just cooked through, about 10 minutes more.



2. Roast beets

Tear a 14-inch long sheet of foil. Place beets in center and season with salt. Add 2 tablespoons water. Fold up sides and close to form a 6-inch by 8-inch packet. Place packet on middle rack. Roast until tender, about 25 minutes. Carefully unwrap and pour off any accumulated liquid.



5. Wilt kale

Meanwhile, in a small bowl, whisk harissa, vinegar, and 2 tablespoons oil. Season with ¼ teaspoon salt. In a large bowl, toss kale with 2 tablespoons vinaigrette. Add kale to baking sheet, nestling between salmon and sweet potatoes, and cook until just wilted, about 2 minutes.



3. Roast potatoes & chickpeas

Meanwhile, toss chickpeas with 1 tablespoon oil on a rimmed baking sheet and spread on half of the sheet. On the other half, toss sweet potatoes with 1 tablespoon oil. Season all with ¼ teaspoon salt and a few grinds pepper. Roast on upper rack until lightly browned, about 15 minutes.



6. Finish

Return kale, sweet potatoes, and chickpeas to the large bowl and toss with 2 tablespoons dressing. Transfer to a platter. Lift salmon from baking sheet, leaving skin behind. Break into large flakes and add to the platter. Add beets and olives and drizzle with as much dressing as you'd like. Enjoy!