

# Crisp Salmon with Olive Tapenade

We're topping pan-fried salmon with our favorite tapenade. It has kalamata olives, plus a not-so-secret ingredient: sweet cherries. Sound strange? Cherries balance the olives, making a combo that's perfect over crispy salmon. Served over Dijon Brussels sprouts and fingerling potatoes, it's a gourmet taste in just 20 minutes.

**20** Minutes to the Table

**20** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

- 2 Skillets
- Shallow Pie Pan or Plate

### FROM YOUR PANTRY

- ½ Cup Flour
- Olive Oil
- Salt & Pepper

### 5 MEEZ CONTAINERS

- Fingerling Potatoes
- Brussels Sprouts
- Salmon
- Olive Tapenade
- Mustard Vinaigrette

## Make The Meal Your Own

**Picky Eaters Tip** – Cooking with someone who doesn't love Brussels sprouts? Cook the potatoes and Brussels separately, and keep all of their Brussels sprouts for yourself!

If you ordered the **Carb Conscious** version we sent you broccoli instead of the potatoes reducing the total **carbs** to **18g**, you can skip Step 1. and in Step 2. Simply add the broccoli where it says to add the potatoes.

## Good To Know

**Health snapshot per serving** – 635 Calories, 39g Fat, 26g Protein, 52g Carbs, 19 Smart Points

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Salmon, Fingerling Potatoes, Brussels Sprouts, Olive Oil, Kalamata Olives, Apple Cider Vinegar, Green Onion, Dijon Mustard, Brown Sugar, Dried Cherries, Garlic, Herbs

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### 1. Prep the Potatoes

Cut the **Fingerling Potatoes** in half lengthwise and then cut across to create small, even pieces, about ½" each.

### 2. Make the Dijon Brussels & Potatoes

Heat 1 Tbsp oil in a large skillet over high heat. Add the cubed potatoes and cook, stirring occasionally, until starting to brown on the edges, 3 to 5 minutes. Add the **Brussels Sprouts** along with a generous pinch of salt and pepper and cook, stirring, until the Brussels are well browned and the potatoes are fork tender, about 10 to 15 minutes. Mix half of the **Mustard Vinaigrette** into the cooked Brussels and potatoes.

### 3. Cook the Salmon

While the hash is cooking, pour ½ cup flour in a shallow pie pan or on to a plate and add a generous pinch of salt and pepper. Pat the **Salmon** fillets dry with a paper towel and coat with the flour, making sure each fillet is covered with a thin layer. Repeat this process with remaining salmon.

*Any kind of flour will work here: all-purpose, rice flour, even tapioca flour. Use your favorite.*

Heat 2 Tbsp of oil in a large skillet on high heat. Add the salmon and cook until it colors about halfway up the sides, about 4 minutes. Flip and cook an additional 2 minutes. Remove from the heat and let rest 5 minutes.

*Place the salmon in the pan gently to avoid any oil splashing.*

### 4. Put It All Together

Serve the veggies topped with salmon. Spread the **Olive Tapenade** on the salmon to taste and drizzle the finished dish with remaining vinaigrette.

*Love this recipe? #meezmagic*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**