

Coulibiac Salmon with Roasted Kale & Beets

New to coulibiac? Think salmon Wellington. It's a Russian favorite and just right for this time of year. We're topping salmon with puff pastry, everything bagel seasoning and a dill crema that's a test kitchen favorite. Served with roasted kale and beets.

30 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

2 Baking Sheets

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

6 MEEZ CONTAINERS

Beets

Salmon

Puff Pastry

Seasoning

Kale

Dill Crema

Good to Know

Our salmon is responsibly fished, so it's free from dyes, antibiotics and any industrial grain-based diets.

Health snapshot per serving –660 Calories, 35g Fat, 43g Protein, 43g Carbs, 14 Freestyle Points.

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

INGREDIENTS: Salmon, Beets, Puff Pastry, Kale, Sour Cream, Red Onion, White Vinegar, Cream, Parsley, Everything Seasoning, Sugar, Dill, Lemon, Garlic, Dijon Mustard, Kosher Salt, White Pepper

meez *meals*

1. **Get Started**

Preheat the oven to 425.

2. **Bake the Beets and Salmon**

Toss the **Beets** with a drizzle of olive oil and salt and pepper on a baking sheet, then arrange in a single layer on one half of the sheet.

Pat dry the **Salmon** and place on the other half of the baking sheet. Top each filet with one **Puff Pastry** on a diagonal (like a diamond), so that a triangle of crust hangs off both of the long sides of the salmon. Sprinkle the **Seasoning** on top of the entire pastry, pressing down so it sticks.

Place the baking sheet in the oven and cook until the beets are starting to brown and the puff pastry has turned golden brown, about 20 minutes. If the beets need more time than the salmon, it's fine to remove the salmon and let the vegetables continue to cook longer. Do not let the salmon cook for more than 25 minutes, otherwise it will dry out.

3. **Roast the Kale**

While the beets and salmon are cooking, arrange the **Kale** on a second baking sheet in a single layer and drizzle with olive oil, salt and pepper. After the beets and salmon have been cooking for 10 minutes, place the kale in the oven and cook until the kale starts to brown and is crispy, about 10 to 12 minutes

4. **Put It All Together**

Transfer the roasted beets to the baking sheet with the roasted kale and toss together. Serve the salmon coulibiac with the beets and kale and top the pastry with a generous drizzle of **Dill Crema**. Enjoy!

Instructions for two servings.

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