



## **Smoky Salmon Salad** **with Bagel Chips and Sesame-Poppy Seed** **Dressing**

Tonight, we're channeling the elements of our favorite bagel order into an elegant salad. Salmon fillets are rubbed with paprika, brown sugar, and smoked sea salt to evoke the flavors of lox. Add creamy goat cheese, crunchy bagel chips, cherry tomatoes, red onion, and dill, then toss everything in a lemony poppy seed dressing. Now all you need is a glass of tart, dry rosé, and brunch-for-dinner is served.

25–35 minutes      660 calories per serving

# Plated.

## Ingredients

- ½ pint cherry tomatoes
- 1 lemon, divided
- 1 red onion
- 1 herb mix
  - ⅓ ounce dill
  - ⅓ ounce parsley
- 1 spice mix
  - 1 teaspoon dark brown sugar
  - ½ teaspoon smoked paprika
  - ½ teaspoon smoked sea salt
- 10 ounces salmon
  - ½ teaspoon sesame seeds, divided
  - ½ teaspoon poppy seeds, divided
- 1 packet Dijon mustard
- 3 ounces mixed lettuces
- 2 ounces bagel chips
- 1 ounce goat cheese

## You'll need

- olive oil
- kosher salt
- black pepper
- aluminum foil
- baking sheet

## Recipe tips

Be sure to read through the entire recipe before you begin cooking.

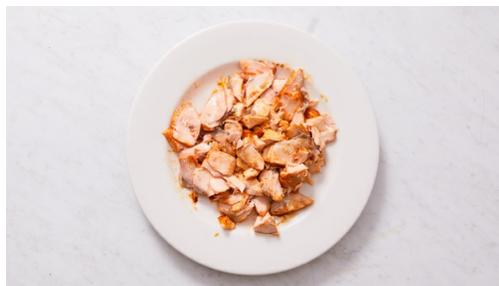
Looking for the perfect wine to pair with your salad? Try a dry rosé, like one from Provence. The light-bodied, slightly fruity wine is an excellent match for rich fish like salmon, but we also loved it as a pairing for fresh, tart goat cheese.

USDA recommends cooking fish to 145°F.



### 1. Prepare ingredients

Preheat oven to 425°F. Line a baking sheet with foil for the next step. Rinse all produce. Halve **cherry tomatoes**. Halve **lemon**. Peel **onion**, halve, and thinly slice **1 half** (save remainder for another recipe). Pick **dill** and **parsley** leaves, discarding stems.



### 4. Flake salmon

Once cool enough to handle, remove and discard skin from **salmon**. Using a fork, flake **salmon** into large pieces.



### 2. Prepare and roast salmon

In a small bowl, whisk together **spice mix**, **1 tablespoon olive oil**, and **pepper** as desired (no need for kosher salt here; smoked salt is in the spice mix). Pat **salmon** dry with paper towel, rub tops with **spiced oil**, and place skin-side down on prepared baking sheet. Roast until salmon is opaque and slightly browned, 12–14 minutes, then transfer to a plate and set aside to cool slightly, about 2 minutes.



### 5. Toss salad

Pat **mixed lettuces** dry with paper towel, then add to bowl with dressing, along with **tomatoes**, **sliced onion** (raw red onion has a strong flavor, so only use as much as desired), **dill**, and **parsley**. Toss to coat.



### 3. Make dressing

While salmon roasts, in a large bowl, whisk together **half of sesame seeds**, **half of poppy seeds**, **½ packet mustard**, **juice of ½ lemon**, **2 tablespoons olive oil**, **¼ teaspoon salt**, and **pepper** as desired to combine. Set **sesame–poppy seed dressing** aside for Step 5. Discard remaining mustard.



### 6. Plate smoky salmon salad

Break **bagel chips** into bite-size pieces. Divide **salad** between serving plates and top with **smoky salmon**, then **goat cheese** and **bagel chips**. Garnish with **remaining sesame seeds** and **remaining poppy seeds** (see recipe tip). Squeeze over **juice of remaining lemon**, if desired. Dig in!

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