

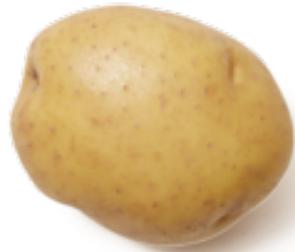
Salmon & Honey-Glazed Carrots

with Lemon-Saffron Yogurt Sauce



This elegant dish gets unique flavor from a prized spice, saffron, used two ways: added to the water used to boil the potatoes and stirred into a creamy yogurt sauce. The bright sauce is delicious spooned over rich salmon, potatoes, and carrots—which get another flavor-packed lift from a glaze of honey and fragrant cumin. Aleppo pepper adds just a hint of spice throughout the dish, balanced by cooling fresh mint.

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2 Skin-On Salmon Fillets

2 cloves Garlic

6 oz Carrots

1 Lemon

¾ lb Yukon Gold Potatoes

1 Pinch Saffron

1 Tbsp Honey

½ cup Plain Greek Yogurt

½ tsp Crushed Aleppo Pepper

½ tsp Ground Cumin

tried-and-true

kitchen tools



[Large Maple Cutting Board](#)

by John Boos & Co. for Blue Apron

Built to last, this chopping board is prized by professional chefs and so gorgeous we never want to take it off the counter. Crafted with hardy American maple, this exclusive collaboration between Blue Apron and John Boos & Co. is equal parts beautiful and handy. Its durable surface won't warp and is resistant to scoring; magically, it also helps keep your blades sharper than other materials. You'll find these boards in our test kitchen—as well as professional kitchens around the world.



How To: Get Perfect Citrus Zest

Zest is one of the best ways to brighten up a dish. It translates the essential oils of the citrus into flavor for all kinds of meals. See how it's done here!

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1 Prepare & cook the potatoes:

Remove the honey from the refrigerator to bring to room temperature. Wash, dry, and medium dice the **potatoes**. In a small pot, combine the potatoes, **half the saffron**, and **a big pinch of salt**. Add enough water to cover the potatoes by $\frac{1}{2}$ inch. Heat to boiling on high. Once boiling, cook 10 to 12 minutes, or until the potatoes are tender when pierced with a fork. Drain thoroughly and return to the pot. Set aside in a warm place.



2 Prepare the remaining ingredients:

While the potatoes cook, wash and dry the remaining fresh produce. Peel the carrots; cut into 1/2-inch-thick pieces on an angle. Peel and roughly chop the garlic. Pick the mint leaves off the stems; discard the stems. Using a peeler, remove the rind of the lemon, avoiding the pith; mince to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon. In a medium bowl, combine the **remaining saffron** and **the juice of 1 lemon wedge**.



3 Cook & glaze the carrots:

In a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **carrots** and **garlic**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened. Add the **cumin** and **honey** (kneading the packet before opening). Cook, stirring constantly, 30 seconds to 1 minute, or until fragrant. Add **3/4 cup of water**. Cook, stirring occasionally, 8 to 10 minutes, or until the carrots are softened and glazed. Transfer to a bowl. Season with salt and pepper to taste.



4 Make the yogurt sauce:

While the carrots cook, to the bowl of **saffron-lemon juice mixture**, add the **yogurt, lemon zest**, a drizzle of olive oil, and **up to half the Aleppo pepper**. Stir to combine; season with salt and pepper to taste.



While the carrots continue to cook, pat the **salmon fillets** dry with paper towels; season with salt and pepper on both sides. Rinse and wipe out the pan used to glaze the carrots. In the same pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the seasoned fillets, skinless side down. Cook 3 to 4 minutes on the first side, or until lightly browned. Flip and cook 2 to 3 minutes, or until lightly browned and cooked to your desired degree of doneness. Turn off the heat.



6 Finish & plate your dish:

While the salmon cooks, add the **glazed carrots**, the juice of the remaining lemon wedges, half the mint (tearing the leaves just before adding), and as much of the remaining Aleppo pepper as you'd like to the pot of **cooked potatoes**. Drizzle with olive oil; stir to combine. Season with salt and pepper to taste. Divide between 2 dishes. Top each with a **cooked salmon fillet** and a spoonful of the **yogurt sauce**. Garnish with the remaining mint (tearing the leaves just before adding). Serve with the remaining yogurt sauce on the side. Enjoy!