



## Lemon & Dill Salmon

with Charred Green Beans & Quinoa



20-30min



2 Servings

Fresh and flavorful—our two favorite words when it comes to dinner. Lemon and dill are a powerhouse combination, especially when paired with crispy-skinned salmon. We complete the plate with protein-packed quinoa and charred green beans for a well-balanced bite, brimming with flavor and good for you ingredients.



## What we send

- garlic
- 3 oz quinoa
- 1 lemon
- ¼ oz fresh dill
- ½ lb green beans
- 10 oz salmon fillets <sup>4</sup>

## What you need

- olive oil
- kosher salt & ground pepper

## Tools

- small saucepan
- microplane or grater
- medium nonstick skillet

## Allergens

Fish (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 750kcal, Fat 50g, Carbs 38g, Proteins 37g



### 1. Cook quinoa

Finely chop **1 teaspoon garlic**. Heat **1 teaspoon oil** in a small saucepan over medium. Add garlic and cook, stirring, until fragrant, about 1 minute. Add **quinoa, ¾ cup water**, and **½ teaspoon salt**. Bring to a boil over high heat, then reduce heat to low. Cover and cook until quinoa is tender and liquid is absorbed, about 15 minutes. Keep covered until ready to serve.



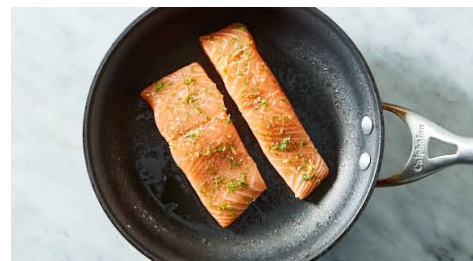
### 4. Cook green beans

Heat **2 teaspoons oil** in a medium nonstick skillet over high until shimmering. Add **green beans**, and cook until tender and browned in spots, about 4 minutes. Transfer to a bowl; season with **salt and pepper**. Cover to keep warm.



### 2. Prep ingredients

Meanwhile, finely grate **¼ teaspoon lemon zest** into a small bowl. Pick **2 tablespoons dill fronds** from stems; discard stems and finely chop 1 tablespoon fronds, keeping remaining dill fronds whole for step 6. Add **chopped dill** and **¼ teaspoon each of salt and pepper** to lemon zest. Trim **green beans**.



### 5. Prep salmon

Pat **salmon** dry. Season skin side with **salt**. Season flesh side only with **lemon-dill rub**. Heat **1 tablespoon oil** in same skillet over medium-high until shimmering. Reduce heat to medium; add salmon fillets, skin side down. Using the back of a spatula, press each fillet firmly in place for 10 seconds.



### 3. Make lemon dressing




Squeeze **1 tablespoon lemon juice** into a second small bowl. Whisk in **2 tablespoons oil** and season to taste with **salt and pepper**.



### 6. Finish salmon & serve

Continue to cook **salmon**, occasionally pressing gently on fillets, until skin is browned and very crisp, about 4 minutes. Flip salmon, and cook until it is just medium, 30 seconds-1 minute more. Transfer salmon to plates and serve with **quinoa** and **green beans**. Spoon **lemon dressing** over top. Garnish with **remaining whole dill fronds**. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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