

DINNERLY



Upgrade with Salmon

Low-Cal Spice-Rubbed Swai



30min



2 Servings

| We customized this recipe with salmon.

WHAT WE SEND

- 1 green bell pepper
- 5 oz jasmine rice
- 2 plum tomatoes
- 2 scallions
- 10 oz pkg salmon fillets ⁴
- ¼ oz taco seasoning

WHAT YOU NEED

- garlic
- olive oil
- kosher salt & ground pepper
- red wine vinegar (or apple cider vinegar) ¹⁷

TOOLS

- small saucepan
- large nonstick skillet

COOKING TIP

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ALLERGENS

Fish (4), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

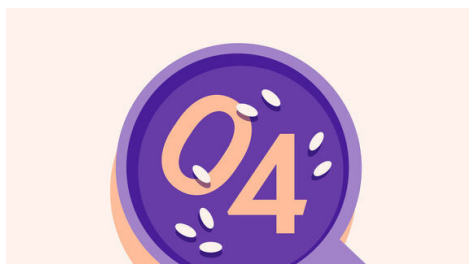
Calories 750kcal, Fat 33g, Carbs 70g, Protein 36g



1. Prep peppers & garlic

Halve **pepper** lengthwise, discard stem and seeds, and cut into thin strips. Finely chop **2 teaspoons garlic**.

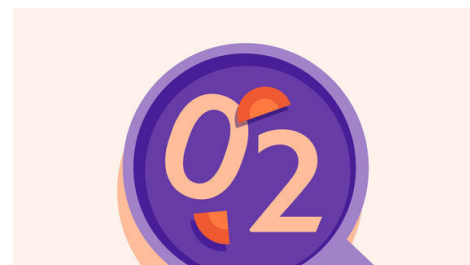
Heat **1 tablespoon oil** in a small saucepan over medium-high. Add peppers and **a pinch each of salt and pepper**. Cook, stirring occasionally, until slightly softened, 2–3 minutes.



4. Cook fish & serve

Heat **1 tablespoon oil** in a large nonstick skillet over medium-high. Reduce heat to medium, add **salmon**, skin-side down, and cook until well-browned, about 4 minutes. Flip and cook on the other side, about 2 minutes for medium rare (or longer for preferred doneness).

Serve **spice-rubbed salmon** with **rice pilaf** and **salsa**. Garnish with **remaining scallions**. Enjoy!



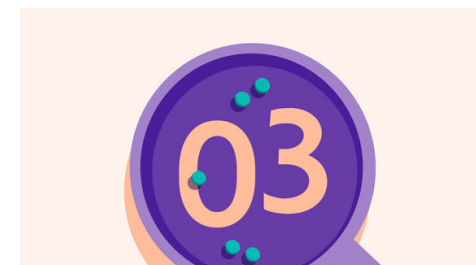
2. Cook rice

Add **rice** and **chopped garlic**; cook, stirring, until rice is toasted, about 2 minutes. Stir in **1¼ cups water** and **½ teaspoon salt**. Bring to a boil, then cover and cook over low heat until rice is tender and water is absorbed, about 17 minutes.



5. ...

What were you expecting, more steps?

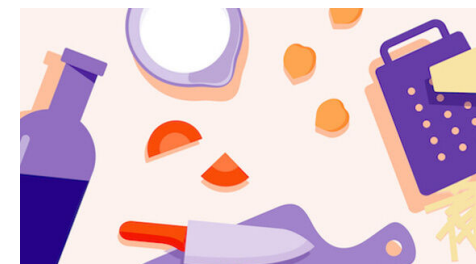


3. Make salsa

Cut **tomatoes** into ¼-inch pieces. Trim ends from **scallions**, then thinly slice.

In a medium bowl, stir together **tomatoes**, **⅔ of the scallions**, **1 teaspoon vinegar**, and **a pinch each of salt and pepper**.

Pat **fish** dry, then season all over with **salt** and **taco seasoning**.



6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!