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Salmon & Brown Rice Bowl

with Honey Roasted Carrots





Yes, salmon with brown rice means healthy eating, but we make sure that this bowl also overflows with flavor and texture. We top nutty, quick-cooking brown rice with honey-roasted carrots, tender chili-scented chicken breasts, and a lemony kale salad with crunchy almonds. A creamy yogurt dressing coats it all, and we have a nutritious meal with bright flavors and textural contrast.

What we send

- 5 oz quick-cooking brown rice
- 2 carrots
- ½ oz honey
- 1 lemon
- 1 oz salted almonds 15
- 1 bunch curly kale
- 10 oz pkg salmon filets ⁴
- ¼ oz chili powder
- 4 oz Greek yogurt ⁷

What you need

- · kosher salt & ground pepper
- · olive oil

Tools

- medium saucepan
- · fine-mesh sieve
- rimmed baking sheet
- · microplane or grater
- medium skillet

Cooking tip

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Allergens

Fish (4), Milk (7), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 1070kcal, Fat 58g, Carbs 80g, Protein 48g



1. Preheat oven & boil rice

Preheat oven to 450°F with a rack in the upper third. Fill a medium saucepan with **salted water** and bring to a boil over high heat. Add **rice** and boil (like pasta), stirring occasionally, until tender, about 22 minutes. Drain rice in a fine-mesh sieve



2. Prep & roast carrots

Scrub **carrots**, then cut on an angle into ½-inch thick pieces. Toss on a rimmed baking sheet with **honey** and **1½ tablespoons oil**; season with **salt** and **pepper**. Spread into an even layer. Roast on upper oven rack, tossing halfway through, until caramelized and tender, 20-25 minutes (watch carefully).

Into a large bowl, finely grate **1 teaspoon lemon zest**.



3. Make kale salad

Coarsely chop almonds. Remove half of the kale leaves from stems; discard stems and tear leaves into bite-sized pieces (save rest for own use); transfer to bowl with lemon zest. Drizzle with 2 teaspoons oil, and season to taste with salt and pepper. Use hands to massage kale until bright green and softened, 2-3 minutes. Add almonds and toss to combine.



4. Cook salmon

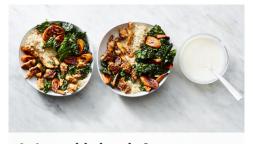
Pat salmon dry; sprinkle with chili powder, salt and pepper.

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add fish, skin side down. Press each fillet firmly for 10 seconds. Cook, occasionally pressing gently on fillets, until skin is very crisp and fish is almost cooked through, about 5 minutes. Flip fish; cook until medium, about 1 minute more.



5. Make dressing

Squeeze **2 teaspoons lemon juice** into a small bowl. Whisk in **yogurt** and **1 tablespoon oil**. Stir in **1 tablespoon water** at a time as needed, until it drizzles from a spoon. Season to taste with **salt** and **pepper**.



6. Assemble bowls & serve

Divide brown rice, kale salad, honey roasted carrots, and salmon between bowls. Drizzle with lemon yogurt dressing. Enjoy!