



Grilled Cajun Salmon

Peach-Spinach Salad & Dried Cherry Dressing



20-30min



2 Servings

This loaded salad is as hearty as they come! Salmon and juicy peaches get the Southern treatment with a Cajun spice rub, bringing smoky heat to counterbalance the sweeter elements of this dish. We toss the grilled peaches with nutrient-rich spinach, pickled shallots, dried cherries and crunchy almonds to create a delicious medley of taste and texture. No grill? See cooking tip.

What we send

- 10 oz pkg salmon filets ⁴
- 1 peach
- ¼ oz Cajun seasoning
- 1 shallot
- 1 oz salted almonds ¹⁵
- 1 oz dried cherries
- 3 oz baby spinach

What you need

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

Tools

- grill or grill pan
- meat mallet (or heavy skillet)

Cooking tip

Cook salmon in oiled skillet over medium-high until internal temperature reaches 145°F, 2-3 min per side; wipe out skillet. Add peaches, cut side down; cook until lightly charred, 2-4 min per side.

Allergens

Fish (4), Tree Nuts (15), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 640kcal, Fat 41g, Carbs 38g, Protein 36g



1. Prep salmon & peaches

Light a grill to high, if using.

Pat **salmon** dry.

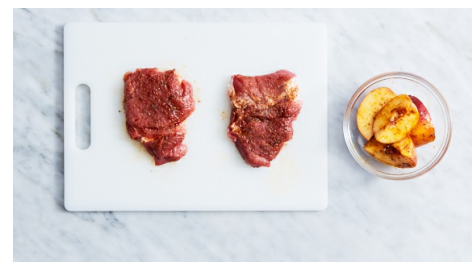
Cut **peach** into quarters, discarding pit.



4. Make dressing

In a large bowl, whisk **1 tablespoon each of vinegar and oil**, and **½ teaspoon sugar**; season to taste with **salt** and **pepper**.

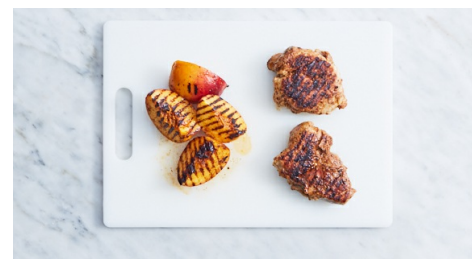
Add **sliced shallots** and **dried cherries**; let sit until ready to serve.



2. SALMON VARIATION

In a small bowl, combine **1½ teaspoons Cajun spice blend** (or more, depending on heat preference) and **1 tablespoon oil**; season with **salt**.

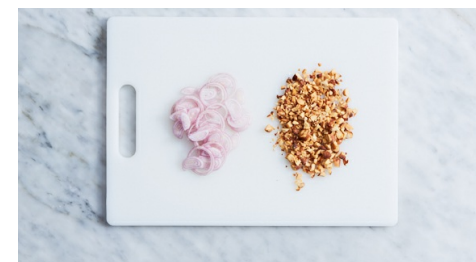
Rub **spice mixture** all over **salmon** and **peaches**. Let sit until step 5.



5. Grill salmon & peaches

Heat a grill pan over high, if using. **Oil** grill grates.

Brush **salmon** and **peaches** lightly with **oil** add to grill or grill pan; reduce heat to medium, cover, and cook, until salmon is lightly charred and medium, 3-4 minutes per side (or longer if desired). Peaches should be lightly charred and softened, 8-10 minutes. Transfer to cutting board.



3. Prep ingredients

Thinly slice **¼ cup of shallot**. Coarsely chop **almonds**.



6. Finish & serve

Cut **peach wedges** in half lengthwise and add to **dressing** along with **spinach** and **half of the almonds**. Season to taste with **salt** and **pepper**, then toss to combine.

Transfer **salmon** and **salad** to plates and sprinkle with **remaining almonds**. Enjoy!