



Seared Salmon & Cauliflower in Adobo Sauce

with Brown Rice & Garlic-Sesame Green Beans



30-40min



2 Servings

Adobo sauce is sweet, tart, a little spicy, and utterly addictive. We make our adobo with fresh Fresno chiles and garlic that simmer in creamy coconut milk. The adobo coats seared salmon and roasted cauliflower wedges which develop a caramelized char in the oven. We serve garlicky green beans and nutty brown rice alongside—perfect for soaking up the thick rich sauce.

What we send

- 5 oz quick-cooking brown rice
- 1 head cauliflower
- ½ lb green beans
- 2 scallions
- 1 Fresno chile
- garlic
- ¾ oz coconut milk powder^{7,15}
- 10 oz pkg salmon filets⁴
- ¼ oz pkt toasted sesame seeds¹¹
- 2 oz tamari soy sauce⁶
- ¼ oz cornstarch

What you need

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

Tools

- medium saucepan
- fine-mesh sieve
- rimmed baking sheet
- medium skillet

Allergens

Fish (4), Soy (6), Milk (7), Sesame (11), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 970kcal, Fat 50g, Carbs 85g, Protein 47g



1. Prep 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.



4. Roast salmon & veg

When **cauliflower** has roasted 18 minutes, flip and push to one side of sheet. Add **green beans** to open side; toss with **1 tablespoon oil** and season with **salt and pepper**. Roast **veggies** on upper rack and **salmon** on lower rack until veggies are tender and browned and salmon is just medium, 8-12 minutes. Immediately toss beans with **1 teaspoon garlic** and **sesame seeds**.



2. Prep & roast cauliflower

Trim stem ends from **cauliflower**, then cut through the root into 8 wedges (it's okay if some smaller pieces break off). Transfer to a rimmed baking sheet. Drizzle with **2 tablespoons oil** and gently rub all over to coat. Season with **salt** and **pepper**. Roast on upper oven rack until cauliflower is well browned on the bottom, 18 minutes.



5. Make adobo sauce

Heat **1 teaspoon oil** a medium skillet over medium. Add **remaining chopped garlic** and **Fresno chiles** (or less for less heat); cook, stirring, 1 minute. Add **coconut milk mixture, tamari, 2 tablespoons vinegar, 1 tablespoon sugar**, and **¾ teaspoon cornstarch**; bring to a simmer. Reduce heat and cook, stirring, until sauce has thickened to coat a spoon, 3-4 minutes.



3. Prep ingredients

Trim stem ends from **green beans**. Trim **scallions**, then thinly slice. Trim ends from **Fresno chile**, then thinly slice crosswise. Finely chop **2 teaspoons garlic**. In a small bowl or measuring cup, whisk to combine **coconut milk powder** and **½ cup warm tap water**. Pat **salmon** dry and season all over with **salt** and **pepper**. Add to a 2nd rimmed baking sheet, skin-side down.



6. Finish & serve

Serve **salmon and cauliflower** over **brown rice** with **adobo sauce** poured over top and **sesame green beans** alongside. Sprinkle with **scallions**. Enjoy!