



Carrot Salad & Crispy Salmon

with Quinoa



20-30min



2 Servings

The keys to crispiness are a hot pan, the right amount of fat (just a little), and no touching. You won't believe the crackling salmon skin you'll get if you follow those rules. Simple steamed quinoa and carrots get dressed in a delicious and addictive garlicky lemon dressing. Cook, relax and enjoy!

What we send

- 3 oz white quinoa
- 1 pkt crushed red pepper
- ¼ oz coriander seeds
- garlic
- 1 lemon
- 2 carrots
- ¼ oz fresh cilantro
- 10 oz pkg salmon filets ⁴
- 1 oz salted pistachios ¹⁵

What you need

- coarse salt
- freshly ground black pepper
- olive oil

Tools

- large nonstick skillet
- rimmed baking sheet
- small saucepan
- small skillet

Allergens

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

Nutrition per serving

Calories 750kcal, Fat 37g, Carbs 52g, Protein 45g



1. Cook quinoa

Rinse quinoa in a fine-mesh sieve. Place in a small saucepan with 1½ cups water and a pinch salt. Bring to a boil, reduce heat to low, cover, and cook until water is absorbed and quinoa is tender, 15 minutes. Keep covered until ready to serve.



4. Steam carrots

Peel carrots and cut into bite-size pieces. Fill a small saucepan with 1-inch of water and fit with a steamer basket. Bring to a simmer and add carrots. Cover and steam until just tender, 5-7 minutes. Transfer to bowl with dressing, and toss to combine.



2. Toast pistachios

Preheat oven to 350°F. Spread pistachios on a rimmed baking sheet and toast in the oven until golden and fragrant, 6-8 minutes. Let cool then roughly chop. While nuts toast, warm coriander in a small dry skillet, swirling occasionally until fragrant, about 1 minute. Let cool, then coarsely chop.



5. Cook fish

Pat fish dry and season all over with salt and pepper. Heat 2 teaspoons oil in a large nonstick skillet over medium-high. When oil is shimmering, add fish skin-side down and cook until golden and crisp, 4-5 minutes. Flip and cook to desired doneness, 2-4 minutes. Transfer to plates.



3. Make dressing

Grate garlic using a microplane or finely chop and add to a large bowl. Halve lemon and squeeze half over garlic. Add coriander, crushed red pepper and 2 tablespoons oil. Season with salt and pepper and whisk to combine.



6. Finish

Pick cilantro leaves and tender stems from sprigs, add to carrots and toss to combine. Cut remaining lemon half into wedges. Serve salmon skin-side up with quinoa, carrot salad and lemon wedges. Enjoy!

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

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