



## Spice-Rubbed Salmon

with Cilantro Rice & Roasted Vegetables



20-30min



2 Servings

Quick-cooking salmon is the perfect protein for a stress-free weeknight dinner. We add a dash of taco seasoning for Tex-Mex flare, and roast the fish alongside hearty veggies like cauliflower, bell peppers, and red onions. We serve the pan-roast with fluffy jasmine rice and finish the pork with lime-scented compound butter. But the best part: Dinner is served in under 30 minutes.



## What we send

- garlic
- 5 oz jasmine rice
- 1 head cauliflower
- 1 bell pepper
- 1 red onion
- ¼ oz fresh cilantro
- 10 oz pkg salmon filets <sup>4</sup>
- ¼ oz taco seasoning
- 1 lime

## What you need

- olive oil
- kosher salt & ground pepper
- butter <sup>7</sup>

## Tools

- small saucepan
- rimmed baking sheet
- microplane or grater

## Allergens

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

## Nutrition per serving

Calories 940kcal, Fat 50g, Carbs 81g, Protein 40g



### 1. Cook rice

Preheat oven to 450°F with a rack in the upper third. Finely chop **1 teaspoon garlic**.

Heat **2 teaspoons oil** in a small saucepan over medium-high. Add **rice** and ½ teaspoon of the **garlic**. Cook, stirring, until sizzling, about 1 minute. Add **1 ¼ cups water** and **½ teaspoon salt**, bring to a boil. Cover, reduce heat to low, and cook until water is absorbed, about 17 minutes.



### 2. Prep ingredients

Place **2 tablespoons butter** in a small bowl and set aside to soften at room temperature.

Halve **cauliflower**, then cut 1 half into 1-inch florets (save other half for own use). Halve **pepper**, discard stem and seeds, then cut into 1-inch pieces. Halve and cut **all of the onion** into 1-inch thick wedges. Finely chop **cilantro leaves and stems** together.



### 3. Roast veggies

On a rimmed baking sheet, toss **cauliflower florets, peppers, and onions** with **2 tablespoons oil** and a **generous pinch each of salt and pepper**. Roast on upper oven rack until tender and lightly browned, 15-20 minutes.



### 4. Roast salmon

While **veggies** roast, pat **salmon** dry. Rub with **oil** and season all over with **salt** and **2 teaspoons taco seasoning**. Once veggies are tender and lightly browned, add salmon to the baking sheet, skin-side down, and continue to roast until veggies are well browned, and salmon is just medium, about 8 minutes more.



### 5. Make garlic-lime butter

While **salmon** roasts, add **remaining garlic** to bowl with **softened butter**. Finely grate **½ teaspoon lime zest** and squeeze **1 tablespoon juice** directly into the butter, using a fork to mash and combine. Season to taste with **salt** and **pepper**.

Cut any **remaining lime** into wedges.



### 6. Finish & serve

Once **salmon** is cooked, top immediately with **garlic-lime butter**. Stir **half of the cilantro** into the **rice**.

Serve **salmon**, with any **melted butter** from the sheetpan, alongside **rice** and **veggies**. Sprinkle **remaining cilantro** over top and serve **lime wedges** on the side for squeezing, if desired. Enjoy!