



Grilled Salmon & Fresh Salsa

with Grilled Peppers & Onions



30-40min



2 Servings

Dig into this savory, veggie-centric meal! We toss onions and peppers with taco seasoning before grilling to get that tender char. Tender salmon get smoky on the grill, then rest in a post-marinate of lime dressing. This method adds a ton of quick flavor without compromising the texture of the meat. The dressing also serves as a base for a fresh tomato salsa, and a final sprinkle of feta adds satisfying creaminess.

What we send

- garlic
- 1 lime
- ¼ oz fresh cilantro
- 1 yellow onion
- 1 bell pepper
- ¼ oz taco seasoning
- 10 oz pkg salmon filets ⁴
- 1 plum tomato
- 2 oz feta ⁷

What you need

- neutral oil
- kosher salt & ground pepper

Tools

- grill or grill pan

Cooking tip

Broil veggies on baking sheet in upper third until tender and lightly charred, 4-8 min. Heat oiled skillet over medium-high; cook fish skin side down, 5 min; flip and cook until just medium, 1 min.

Allergens

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

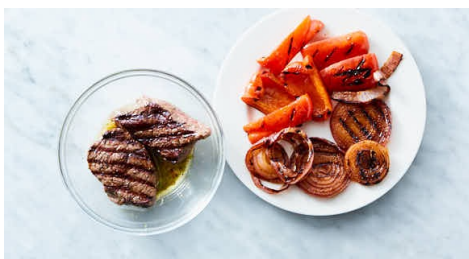
Nutrition per serving

Calories 690kcal, Fat 53g, Carbs 19g, Protein 35g



1. Make lime dressing

Finely chop **1 teaspoon garlic**. Squeeze **1 tablespoon lime juice** into a medium bowl, then cut any remaining lime into wedges. Pick **cilantro leaves** from **stems**; finely chop stems and keep leaves whole. In the medium bowl with lime juice, whisk to combine **chopped garlic, cilantro stems**, and **2 tablespoons oil**. Season to taste with **salt** and **pepper**.



4. Grill salmon & veggies

Working in batches if necessary, add **salmon, peppers**, and **onions** to grill or grill pan in a single layer. Cook salmon until browned and medium, 3-4 minutes per side (longer for desired doneness). Transfer to bowl with **lime dressing**; let rest, turning occasionally, 5 minutes. Cook peppers and onions, turning occasionally, until charred and tender, 8-12 minutes. Transfer to a plate.



2. Prep veggies

Cut **onion** crosswise into ½-inch thick rounds. Halve **pepper**, remove stem and seeds, then cut into 2-inch wide strips. In a second medium bowl, whisk to combine **2 teaspoons of the taco seasoning** and **2 tablespoons oil**. Add onions and peppers to bowl with **taco oil**, and toss gently to coat, keeping onion rounds intact. Season with **salt** and **pepper**.



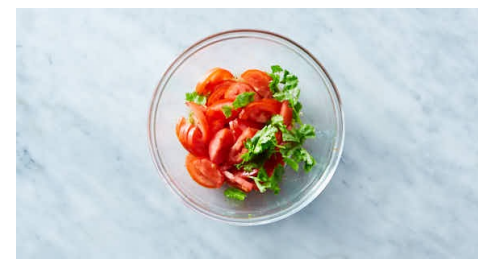
5. Prep tomato

Core **tomato**, then halve lengthwise and thinly slice into half-moons. Lift **salmon** out of **lime dressing** (reserve dressing for step 6).



3. Season salmon

Pat **salmon** dry, then season with **salt** and **pepper**. Lightly **oil** grill grates or grill pan, then heat to medium-high.



6. Finish & serve

To the bowl with **reserved lime dressing**, add **tomatoes** and **cilantro leaves**; toss to combine. Season to taste with **salt** and **pepper**. Garnish **grilled onions and peppers** with **feta**, as desired. Serve **salmon, tomatoes**, and **any juices** on plates with **grilled onions and peppers** alongside, and with **lime wedges** for squeezing over. Enjoy!