



Mojo Salmon a la Plancha

with Black Bean & Corn Salad



20-30min



2 Servings

When it comes to quick weeknight dinners, we'll let you in on our secret—it's all about impactful ingredients. Here we combine sweet corn, juicy plum tomatoes, cilantro, and hearty black beans to create a bright salad with a citrusy kick thanks to orange and lime. A flavor-packed marinade made from mayonnaise, ground cumin, and orange and lime zest amps up pan-roasted salmon. And just like that, dinner is ready!

What we send

- 1 plum tomato
- 15 oz can black beans
- 5 oz corn
- 1 lime
- 1 orange
- 1 oz mayonnaise ^{3,6}
- 1 red onion
- ¼ oz ground cumin
- 10 oz pkg salmon filets ⁴
- ¼ oz fresh cilantro

What you need

- olive oil
- white wine vinegar (or red wine vinegar) ¹⁷
- kosher salt & ground pepper

Tools

- fine-mesh sieve
- microplane or grater
- medium nonstick skillet

Allergens

Egg (3), Fish (4), Soy (6), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 890kcal, Fat 53g, Carbs 65g, Protein 42g



1. Prep ingredients

Cut **tomato** into ½-inch pieces. Rinse and drain **black beans**. In a large bowl, combine tomatoes, black beans, and **corn**.

Finely grate **all of the lime and orange zest**. Add half each of the lime and orange zest to bowl with bean mixture. In a medium bowl, combine **mayonnaise** and remaining lime and orange zest.



4. Brown salmon & onions

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **salmon** and cook until golden brown on the bottom, 3-4 minutes. Scatter **onions** around salmon in skillet and season with **¼ teaspoon cumin** and **a pinch of salt**. Cook over medium-high heat until onions are just starting to brown, 1-2 minutes more.



2. Dress bean & corn salad

Squeeze juice from **half of the lime** into bowl with **bean mixture**. Add **2 tablespoons oil** and **1 tablespoon vinegar**; stir to combine. Season to taste with **salt** and **pepper**.

Set **bean and corn salad** aside until step 6.



5. Simmer salmon

Flip **salmon**, then squeeze **all of the orange juice** into skillet. Partially cover and cook over medium-high heat until salmon is cooked through and **pan sauce** is reduced by half, 3-5 minutes. Stir in water, 1 tablespoon at a time, if sauce is dry before salmon is cooked through.



3. Prep salmon

Halve **onion**, then cut into ¼-inch thick slices through the root end. Cut **orange** in half crosswise.

To bowl with **mayonnaise**, stir in **2 teaspoons each of cumin and salt** and **a few grinds of pepper**. Pat **salmon** dry, then add to mayonnaise mixture and turn well to coat.



6. Finish & serve

Finely chop **cilantro leaves and stems**. Add half of the cilantro to **bean and corn salad**; stir to combine. Cut **remaining lime** into wedges.

Serve **salmon and onions** with **pan sauce** over top, alongside **bean and corn salad**, and with **lime wedges** on the side for squeezing over. Sprinkle **remaining cilantro** over **salmon** and drizzle with **oil**, if desired. Enjoy!