

MARLEY SPOON



Cuban-Style Black Beans & Rice with Salmon

Arugula Salad & Pickled Onions



20-30min



2 Servings

This Cuban vegetarian black bean stew gets a lovely depth of flavor from ground cumin and dried oregano, as well as sautéed bell pepper and a splash of vinegar, both of which lend a subtle sweetness to the beans. We pickled red onions and tossed them into a salad, for a refreshing side. Finally, as one last special touch, we add tender salmon filets and garlic-scented rice to soak up the stew.

What we send

- garlic
- 5 oz jasmine rice
- 1 red onion
- 1 bell pepper
- ¼ oz fresh cilantro
- 10 oz pkg salmon filets ⁴
- ¼ oz ground cumin
- ¼ oz dried oregano
- 15 oz can black beans
- 5 oz arugula

What you need

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

Tools

- small saucepan
- medium pot
- medium nonstick skillet

Allergens

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

Nutrition per serving

Calories 1130kcal, Fat 50g, Carbs 117g, Protein 53g



1. Cook rice

Finely chop **2 teaspoons garlic**.

Heat **1 tablespoon oil** in a small saucepan over medium-high. Add **half of the garlic** and cook, stirring, until golden, 1–2 minutes. Add **rice, 1 ¼ cups water**, and **½ teaspoon salt**. Bring to boil. Reduce heat to low, cover, and cook until rice is tender and water is absorbed, 17 minutes. Keep covered until ready to serve.



4. Sauté aromatics

Heat **2 tablespoons oil** in a medium pot over medium-high. Add **chopped onions, ¾ of the bell peppers** (reserve remaining for step 6), and **remaining chopped garlic**. Cook, stirring, until softened and starting to brown, about 5 minutes. Add **all of the cumin** and **¼ teaspoon oregano**. Cook, stirring, until fragrant, about 1 minute.



2. Prep ingredients

Meanwhile, halve and thinly slice **¼ of the onion**; finely chop the remaining onion. Halve **pepper**, discard stem and seeds, then finely chop. Finely chop **cilantro leaves and stems**.

In a small bowl, combine **sliced onions, 2 tablespoons vinegar**, and **¼ teaspoon each of salt and sugar**. Set sliced onions aside to pickle, stirring occasionally, until ready to serve.



5. Finish stew

To the pot, add **black beans and their liquid, ¾ cup water, 1 ½ tablespoons vinegar**, and **half of the cilantro**. Cook over medium-high, mashing some of the beans with the back of a spoon, until flavorful and slightly thickened, 10–12 minutes. Stir in **remaining cilantro**. Season to taste with **salt and pepper**.



3. Cook salmon

Pat **salmon** dry and season all over with **salt and pepper**. Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high until shimmering. Add salmon, skin-side down; lightly press each filet for 10 seconds. Lower heat to medium; cook until skin is browned and crisp, about 4 minutes. Flip and cook until just medium, about 1 minute more. Transfer to a plate.



6. Finish salad & serve

In a large bowl, toss **arugula** with **pickled onions, reserved bell peppers, 1 tablespoon of the pickling liquid**, and **1 tablespoon oil**; season to taste with **salt and pepper**. Fluff **rice** with a fork.

Serve **beans** over **rice**, with **salmon** and **salad** on the side. Enjoy!