# MARLEY SPOON



# **Garlic-Dill Salmon**

with Quinoa Tabbouleh & Spinach





Tabbouleh is a chopped vegetable and grain salad, traditionally made with bulgur wheat. We've switched it up and swapped it out for protein-packed (and gluten-free!) quinoa. Our version includes crunchy cucumbers and juicy plum tomatoes tossed in a tangy vinaigrette. It's exactly the side you want for panseared salmon, topped with fresh dill.

#### What we send

- garlic
- 3 oz white quinoa
- 1 plum tomato
- 1 cucumber
- 1/4 oz fresh dill
- 10 oz pkg salmon filets <sup>1</sup>
- 2 oz feta <sup>2</sup>
- 5 oz baby spinach

## What you need

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

#### **Tools**

- small saucepan
- medium nonstick skillet

#### **Allergens**

Fish (1), Milk (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

#### **Nutrition per serving**

Calories 890kcal, Fat 63g, Carbs 39g, Protein 41g



### 1. Cook quinoa

Finely chop 1 teaspoon garlic. Heat 1 tablespoon oil in a small saucepan over medium. Add ½ teaspoon of the chopped garlic; cook, stirring, until fragrant, about 1 minute. Add quinoa, ¾ cup water, and ¼ teaspoon salt Bring to a boil. Cover and cook over low until quinoa is tender and water is absorbed, about 15 minutes. Let stand for 5 minutes.



2. Prep ingredients

Core **tomato**, then cut into ½-inch pieces. Trim **cucumber** (peel if desired), then cut into ½-inch pieces. Pick and coarsely chop **dill fronds**, discarding stems. In a small bowl, stir to combine **remaining chopped garlic**, **half of the chopped dill**, and **2 teaspoons oil**. Season to taste with **salt** and **pepper**.



3. Assemble tabbouleh

In a medium bowl, stir to combine 1 tablespoon vinegar and 2 tablespoons oil; season with salt and pepper. Stir in cucumbers, tomatoes, and cooked quinoa. Season to taste with salt and pepper.



4. Season salmon

Pat **salmon** dry, then season all over with **salt**. Season flesh side only with **a few grinds of pepper**.



5. Cook salmon

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high until shimmering. Reduce heat to medium; add **salmon**, skin side down. Using a spatula, press down firmly on each fillet for 10 seconds. Continue to cook, pressing gently, until skin is browned and very crisp, 4-5 minutes. Flip salmon; cook until medium, about 30 seconds more. Transfer to plates.



6. Finish & serve

Crumble **feta** into a second medium bowl. Add **spinach**, **remaining dill**, **1 teaspoon vinegar**, and **2 teaspoons oil** to bowl, and toss to combine. Season to taste with **salt** and **pepper**. Spoon **garlic-dill oil** over salmon. Serve with **quinoa tabbouleh** and **spinach-feta salad**. Enjoy!