



## Grilled Salmon & Charred Squash

with Venetian-Style Quinoa



30-40min



2 Servings

Don't have a grill or grill pan? Preheat your oven to 425°F with a rack in the upper third. Lightly oil a rimmed baking sheet. Add salmon to the prepared baking sheet, skin side down, and roast on the upper oven rack until salmon is just cooked through and opaque, 8-10 minutes. Transfer salmon to a plate; switch oven to broil. Place summer squash on the same baking sheet and broil until lightly charred and tender, 3-5 minutes.

## What we send

- 1 yellow squash
- ¼ oz fresh parsley
- garlic
- 1 oz capers <sup>2</sup>
- ¼ oz warm spice blend
- 10 oz pkg salmon filets <sup>1</sup>
- 3 oz white quinoa
- 1 oz sliced almonds <sup>3</sup>
- ½ oz dried currants

## What you need

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

## Tools

- microwave
- grill or grill pan

## Allergens

Fish (1), Sulphites (2), Tree Nuts (3).  
May contain traces of other allergens.  
Packaged in a facility that packages  
gluten containing products.

## Nutrition per serving

Calories 890kcal, Fat 64g, Carbs 40g,  
Protein 39g



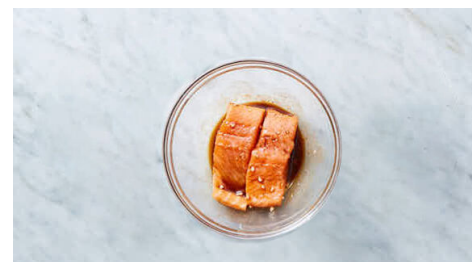
### 1. Prep ingredients

Cut **squash** on an angle into ½-inch thick rounds; discard ends. Coarsely chop **parsley leaves and stems**. Finely chop **2 teaspoons garlic**. Transfer **capers** to a small bowl; crush with the back of a fork. Stir in **2 tablespoons each of oil and vinegar** and **half each of the chopped parsley and chopped garlic**. Season to taste with **salt** and **pepper**. Set aside until for step 6.



### 4. Toast almonds

Meanwhile, transfer **almonds** to a microwave-safe plate and spread to a single layer. Microwave in 1 minute intervals, stirring after each interval, until toasted, about 2 minutes. (Alternatively, transfer almonds to a small skillet and set over medium heat. Cook, stirring occasionally, until toasted, 1-2 minutes.)



### 2. Prep salmon

In a medium bowl, combine **remaining garlic, 1 tablespoon oil, ½ teaspoon warm spice blend, and a pinch each of sugar and salt**. Pat **salmon** dry, add to bowl with marinade, and turn to coat; set aside until step 5.



### 5. Grill squash & salmon

Heat grill or grill pan to medium-high. In a medium bowl, toss **squash** with **1 tablespoon oil**; season with **salt** and **pepper**. Add squash to grill (in batches, if necessary); cook until charred and tender, 3-5 minutes per side. Transfer to cutting board. Wipe marinade from **salmon**; transfer to grill, skin side down; cook until salmon is charred and medium rare, 2-3 minutes per side.



### 3. Cook quinoa

In a small saucepan, combine **quinoa, ½ teaspoon salt, and ¾ cup water**. Bring to a boil. Cover, reduce heat to medium-low, and cook until tender and water is absorbed, 15-20 minutes. Remove from heat. Rest, covered, for 10 minutes. Add **1 tablespoon oil** and fluff with a fork.



### 6. Finish & serve

To saucepan with **quinoa**, add **currants, toasted almonds, and remaining parsley**; stir to combine. Serve **quinoa** topped with **grilled squash** and **salmon**. Spoon **caper gremolata** over the top. Enjoy!