



Carrot Salad & Crispy Salmon

with Quinoa



20-30min



2 Servings

The keys to crispiness are a hot pan, the right amount of fat (just a little), and no touching. You won't believe the crackling salmon skin you'll get if you follow those rules. Simple steamed quinoa and carrots get dressed in a delicious and addictive garlicky lemon dressing to tie it all together.

What we send

- 3 oz white quinoa
- 1 lemon
- ¼ oz cumin seeds
- 1 oz salted pistachios ²
- garlic
- 1 pkt crushed red pepper
- 1 bag carrots
- 10 oz pkg salmon filets ¹
- ¼ oz fresh cilantro

What you need

- kosher salt & ground pepper
- olive oil

Tools

- small saucepan
- microplane or grater
- medium nonstick skillet

Allergens

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

Nutrition per serving

Calories 750kcal, Fat 37g, Carbs 52g, Protein 45g



1. Cook quinoa

In a small saucepan, combine **quinoa**, **¾ cup water**, and **½ teaspoon salt**, bring to a boil. Cover, reduce heat to medium-low, and cook until tender and water is absorbed, 15-20 minutes.

While quinoa cooks, zest **all of the lemon** and squeeze **½ tablespoon lemon juice**, keeping separate. Cut remainder of lemon into wedges. Stir zest into quinoa and cover until ready to serve.



4. Steam carrots

Scrub **carrots** and cut crosswise into ½-inch slices. Transfer to a microwave-safe bowl, cover, and microwave on high until crisp-tender, 3-5 minutes. Add to bowl with **dressing** and toss to coat.



2. Toast cumin seeds

Meanwhile, heat a medium nonstick skillet over medium. Add **¼ teaspoon cumin seeds** and cook, shaking pan constantly, until fragrant 1-2 minutes. Transfer to a cutting board and crush with the bottom of a saucepan or skillet. Transfer to a large bowl and reserve skillet.

Coarsely chop **pistachios**.



5. Cook fish

Pat **salmon** dry and season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in reserved skillet over medium-high. Reduce heat to medium; add fish, skin-side down. Firmly press each filet with back of a spatula for 10 seconds. Cook, occasionally pressing gently on filets, until skin is well browned and very crisp and fish is almost cooked through, 4-5 minutes.



3. Make dressing

Into bowl with **cumin seeds**, finely grate **¼ teaspoon garlic**. Add **lemon juice**, **2 tablespoons oil**, and **½ teaspoon crushed red pepper** (add more or less depending on heat preference). Whisk to combine and season to taste with **salt** and **pepper**.



6. Finish & serve

Flip **salmon** and cook until just medium, about 1 minute more. Transfer to plates.

Pick **cilantro leaves and tender stems** from sprigs; add to **carrots** and toss to combine. Serve **salmon** with **quinoa**, **carrot salad** and **lemon wedges**. Garnish with **chopped pistachios**. Enjoy!