

MARLEY SPOON



Chili-Honey Salmon & Charred Cauliflower

with Cilantro-Pumpkin Seed Gremolata



30-40min



2 Servings

We love a little sweet heat with our proteins, and this pan sauce brings just that to juicy salmon filets. We sear the salmon in a hot skillet, then coat the filets with a syrupy mixture of honey, chili powder and lime juice for a delicious balance of sweet and spicy. Cauliflower roasts in the oven, achieving crispy edges but a tender center, before combining with a crunchy gremolata of cilantro and pumpkin seeds.

What we send

- 1 head cauliflower
- garlic
- 1 lime
- ½ oz honey
- ¼ oz chili powder
- ¼ oz fresh cilantro
- 1 oz pumpkin seeds
- 10 oz pkg salmon filets ¹

What you need

- olive oil
- kosher salt & ground pepper

Tools

- rimmed baking sheet
- medium nonstick skillet

Cooking tip

Want to see helpful cooking tips, tricks, and bonus Marley Spoon content? Follow us on Instagram @marleyspoon or TikTok @marleyspoonus for more!

Allergens

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

Nutrition per serving

Calories 820kcal, Fat 67g, Carbs 20g, Protein 38g



1. Roast cauliflower

Preheat oven to 450°F with a rack in the upper third.

Trim stem end from **cauliflower**, then cut crown into florets. Toss on a rimmed baking sheet with **2 tablespoons oil** and **a generous pinch each of salt and pepper**.

Roast on upper oven rack until tender and charred in spots, 15-20 minutes.



4. Cook salmon

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, 4-5 minutes. Flip and pour **chili-honey pan sauce** over top, scraping up any browned bits from bottom of skillet and turning salmon to coat, 1 minute more. Transfer to a plate.



2. Make pan sauce

Meanwhile, finely chop **2 teaspoons garlic**.

Into a medium bowl, squeeze **all of the lime juice**. Add **honey, half of the chopped garlic, 1 tablespoon oil**, and **1 teaspoon chili powder**. Season to taste with **salt and pepper**; set aside for step 4.



5. Finish cauliflower

Spoon **gremolata** over **cooked cauliflower** directly on baking sheet; toss to combine.



3. Make gremolata

Coarsely chop **cilantro**. Coarsely chop **pumpkin seeds**.

In a small bowl, stir together **remaining chopped garlic, cilantro, pumpkin seeds**, and **2 tablespoons oil**. Season to taste with **salt and pepper**; set aside until step 5.

Pat **salmon** dry and season all over with **salt and pepper**.



6. Finish & serve

Serve **chili-honey salmon** with **pan sauce** spooned over top and **charred cauliflower** alongside. Enjoy!