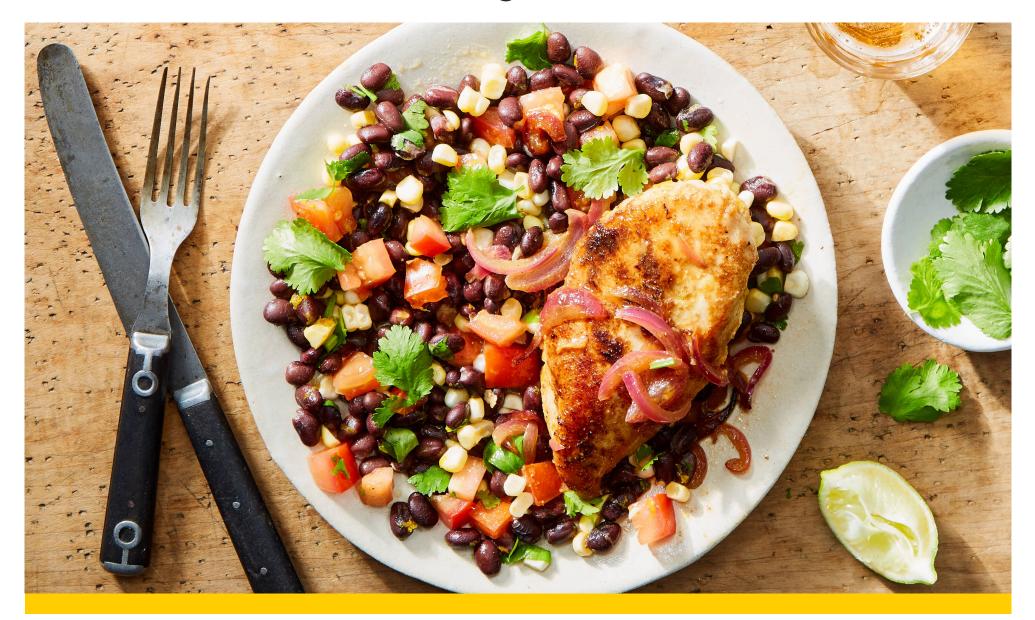
# MARLEY SPOON



## Mojo Salmon a la Plancha

with Black Bean & Corn Salad

20-30min 2 Servings  $\overline{}$ 

When it comes to quick weeknight dinners, we'll let you in on our secret-it's all about impactful ingredients. Here we combine sweet corn, juicy plum tomatoes, cilantro, and hearty black beans to create a bright salad with a citrusy kick thanks to orange and lime. A flavor-packed marinade made from mayonnaise, ground cumin, and orange and lime zest amps up pan-roasted salmon. And just like that, dinner is ready!

### What we send

- 1 plum tomato
- 15 oz can black beans
- 5 oz corn
- 1 lime
- 1 orange
- 1 oz mayonnaise <sup>1,3</sup>
- 1 red onion
- ¼ oz ground cumin
- 10 oz pkg salmon filets <sup>2</sup>
- ¼ oz fresh cilantro

## What you need

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

## Tools

- fine-mesh sieve
- microplane or grater
- medium nonstick skillet

#### Allergens

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

#### Nutrition per serving

Calories 890kcal, Fat 53g, Carbs 65g, Protein 42g



## **1. Prep ingredients**

Cut **tomato** into ½-inch pieces. Rinse and drain **black beans**. In a large bowl, combine tomatoes, black beans, and **corn**.

Finely grate **all of the lime and orange zest**. Add half each of the lime and orange zest to bowl with bean mixture. In a medium bowl, combine **mayonnaise** and remaining lime and orange zest.

4. Brown salmon & onions

Heat 1 tablespoon oil in a medium

nonstick skillet over medium-high. Add

salmon and cook until golden brown on

the bottom, 3-4 minutes. Scatter **onions** 

around salmon in skillet and season with

1/4 teaspoon cumin and a pinch of salt.

are just starting to brown, 1-2 minutes

more.

Cook over medium-high heat until onions



## 2. Dress bean & corn salad

Squeeze juice from **half of the lime** into bowl with **bean mixture**. Add **2 tablespoons oil** and **1 tablespoon vinegar**; stir to combine. Season to taste with **salt** and **pepper**.

Set **bean and corn salad** aside until step 6.



5. Simmer salmon

Flip **salmon**, then squeeze **all of the orange juice** into skillet. Partially cover and cook over medium-high heat until salmon is cooked through and **pan sauce** is reduced by half, 3-5 minutes. Stir in water, 1 tablespoon at a time, if sauce is dry before salmon is cooked through.



We've tailored the instructions below to match your recipe choices. Happy cooking!

## 3. Prep salmon

Halve **onion**, then cut into ¼-inch thick slices through the root end. Cut **orange** in half crosswise.

To bowl with **mayonnaise**, stir in **2 teaspoons each of cumin and salt** and **a few grinds of pepper**. Pat **salmon** dry, then add to mayonnaise mixture and turn well to coat.



6. Finish & serve

Finely chop **cilantro leaves and stems**. Add half of the cilantro to **bean and corn salad**; stir to combine. Cut **remaining lime** into wedges.

Serve **salmon and onions** with **pan sauce** over top, alongside **bean and corn salad**, and with **lime wedges** on the side for squeezing over. Sprinkle **remaining cilantro** over **salmon** and drizzle with **oil**, if desired. Enjoy!