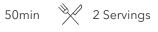
MARLEY SPOON



Maple Balsamic Salmon Grain Bowl

with Whipped Ricotta, Beets & Arugula





The best grain bowls have a sweet-and-savory quality, a mix of vegetables, and different textures-especially crunch! We combine nutty farro with tender salmon, roasted Brussels sprouts, sweet red beets, and fresh peppery arugula, then spoon it over clouds of creamy whipped ricotta. A sweet and tart maplebalsamic vinaigrette brings it all together, and crunchy almonds top it off!

What we send

- 1 red beet
- ½ lb Brussels sprouts
- 1 red onion
- garlic
- 4 oz farro ⁴
- 1 pkt balsamic vinaigrette
- 1 oz maple syrup
- 4 oz ricotta ²
- 10 oz pkg salmon filets 1
- 1 bag arugula
- 1 oz roasted almonds ³

What you need

- · kosher salt & ground pepper
- olive oil

Tools

- medium saucepan
- rimmed baking sheet
- · microplane or grater
- fine-mesh sieve
- medium nonstick skillet

Allergens

Fish (1), Milk (2), Tree Nuts (3), Wheat (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 910kcal, Fat 44g, Carbs 76g, Protein 54g



1. Roast beets

Fill a medium saucepan with **salted** water and bring to a boil.

Preheat oven to 450°F with a rack in the upper third. Scrub and quarter **beets**; cut crosswise into ¼-inch thick slices. Place in the center of a piece of foil. Drizzle with **oil** and season with **salt** and **pepper**. Fold to enclose; place on one side of a rimmed baking sheet. Roast on upper oven rack for 25 minutes.



2. Prep veggies

Meanwhile, trim and quarter Brussels sprouts. Halve and thinly slice all of the onion. Finely grate ½ teaspoon garlic.

Add Brussels sprouts, garlic, and ¾ of the onions to the sheet tray next to beets; toss carefully with 1 tablespoon oil and a pinch each of salt and pepper. Roast on upper oven rack until Brussels sprouts are browned and beets are tender, 10-15 minutes.



3. Cook farro

While **veggies** roast, add **farro** to saucepan with boiling **salted water** and cook until tender, 18-20 minutes. Drain well



4. Make vinaigrette

Meanwhile, in a medium bowl, whisk to combine balsamic vinaigrette and half of the maple syrup. Add remaining onions.

In a small bowl, combine **ricotta** and **1 tablespoon water**. Whisk until light and smooth. Season to taste with **salt** and **pepper**.



5. Cook salmon

Pat **salmon** dry and season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium nonstick skillet over mediumhigh until shimmering. Add salmon, skinside down; lightly press each filet for 10 seconds. Lower heat to medium; cook until skin is browned and crisp, 4–5 minutes. Flip and cook until just medium, about 1 minute more.



6. Finish & serve

To bowl with **vinaigrette**, add **farro**, **beets**, and **Brussels sprouts mixture**; toss to combine. Add **arugula** and gently toss. Season to taste with **salt** and **pepper**.

Coarsely chop **almonds**. Spread **ricotta** on the insides of serving bowls. Top with **farro mixture** and **salmon** and garnish with **almonds**. Enjoy!