

MARLEY SPOON



Lemon & Dill Salmon

with Charred Green Beans & Quinoa

 20-30min  2 Servings

Lemon and dill are a powerhouse combination, especially when paired with crispy-skinned salmon. The fish is served over protein-rich quinoa with crisptender green beans.

What we send

- garlic (use 1 large clove)
- 3 oz quinoa
- 1 lemon
- ¼ oz fresh dill
- ½ lb green beans
- 10 oz salmon fillets 4

What you need

- kosher salt & ground pepper
- olive oil

Tools

- small saucepan
- microplane or grater
- medium nonstick skillet

Allergens

Fish (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 620kcal, Fat 47g, Carbs 17g, Protein 33g



1. Cook quinoa

Peel and finely chop **1 teaspoon garlic**. Heat **1 teaspoon oil** in a small saucepan over medium. Add garlic and cook, stirring, until fragrant, about 1 minute. Add **quinoa**, **¾ cup water**, and **½ teaspoon salt**. Bring to a boil over high heat, then reduce heat to low, cover and cook until quinoa is tender and liquid is absorbed, about 15 minutes. Keep covered until ready to serve.



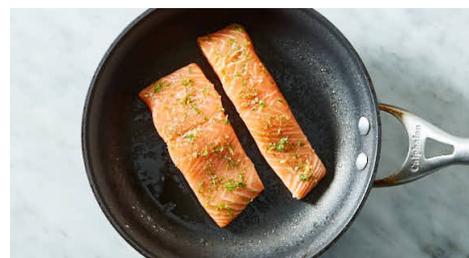
4. Cook green beans

Heat **2 teaspoons oil** in a medium nonstick skillet over high until shimmering. Add **green beans**, and cook until tender and browned in spots, about 4 minutes. Transfer to a bowl; season with to taste with **salt and pepper**. Cover to keep warm.



2. Prep ingredients

Meanwhile, finely grate **¼ teaspoon lemon zest** into a small bowl. Pick **2 tablespoons dill fronds** from stems; discard stems and finely chop 1 tablespoon fronds, keeping remaining dill fronds whole for step 6. Add chopped dill and **¼ teaspoon each salt and pepper** to lemon zest. Trim **green beans**.



5. Prep salmon

Pat **salmon** dry. Season skin side with **¼ teaspoon salt**. Season flesh side only with **lemon-dill rub**. Heat **1 tablespoon oil** in same skillet over medium-high until shimmering. Reduce heat to medium; add salmon fillets, skin side down. Using the back of a spatula, press each fillet firmly in place for 10 seconds.



3. Season lemon dressing

Squeeze **1 tablespoon lemon juice** into a second small bowl. Whisk in **2 tablespoons oil** and season to taste with **salt and pepper**.



6. Finish salmon & serve

Continue to cook, occasionally pressing gently on **fillets**, until skin is browned and very crisp, about 4 minutes. Flip salmon, and cook until it is just medium, 30 seconds-1 minute. Transfer salmon to plates and serve with **quinoa** and **green beans**. Spoon **lemon dressing** over top. Garnish with **remaining dill fronds**. Enjoy!