



### #3 Seafood Selects Pack:

Add a Protein Variety Pack to your box!



20-30min



2 Servings

We're bringing the seaside to your kitchen with this seafood duo! Amp up any dinner with the addition of heart-healthy salmon or succulent shrimp. We think the short cook times are an added bonus! Whether grilled, sautéed, pan-fried or roasted-this salmon and shrimp are sure to be the stars of your dinner plate. Use them in your own recipes, or add them to one of ours.

## What we send

- 10 oz pkg salmon fillets <sup>4</sup>
- 10 oz pkg shrimp <sup>2</sup>

## What you need

- Your choice!

## Tools

- choose your own cooking adventure!

## Allergens

Shellfish (2), Fish (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 400kcal, Fat 20g, Carbs 1g, Proteins 48g



### 1. Keep it simple!

Let the succulent seafood flavor do the talking! Simply season with olive oil, salt, and pepper and pan-sear until the salmon skin is nice and crispy, or the shrimp is pink and curled.



### 2. Hands-on seafood gyros

Feeding a crowd or just looking for a make-your-own type of meal? Season the salmon and shrimp with olive oil, dried oregano, salt, pepper, and freshly chopped garlic. Grill both until just cooked. Serve on a platter along with toasted pitas, chopped tomatoes, sliced cucumbers, and olives. Serve hummus and tzatziki on the side and let everyone build their own gyros.



### 3. Niçoise Salad

For a kicked up take on a classic Niçoise, gather the usual components: parboiled sliced potatoes, hard-boiled eggs, gently cooked green beans, briny olives, sweet chopped tomatoes, and a bed of greens. Here comes the twist: instead of tuna, top the salad with shrimp or salmon.



### 4. Brunch bunch

Salmon is a welcome addition to any brunch table. Instead of the traditional packaged smoked salmon you might buy, why not try to gently poach your fresh salmon in a lemon-slice spiked poaching liquid. Serve the poached salmon with the usual accompaniments-fresh dill, sliced red onions, capers, cream cheese, bagels or toast points. Or serve alongside a simple green salad.



### 5. Shrimp tacos




Season the shrimp with your favorite taco spices and give them a hard sear in a hot skillet. Fill tortillas with shrimp and a crunchy cabbage slaw.



### 6. Burgers

Shrimp and salmon burgers are a fun way to change it up! Finely chop the shrimp or salmon (discarding skin). Mix in a bowl with some panko, a lightly beaten egg, and savory Asian flavors like teriyaki, tamari, chili paste, kimchi paste, or even Thai curry paste. Shape into patties and grill! Serve on a toasted bun with fresh lime for squeezing over and a wasabi mayo topper!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

View the recipe online by visiting your account at [marleyspoon.com](https://marleyspoon.com)    **#marthaandmarleyspoon**