



Fast! Smoked Salmon Grain Bowl

with Creamy Lemon-Dill Dressing



ca. 20min



2 Servings

Equal parts clean and satisfying, this grain and veggie bowl features delicate smoked salmon, a flavor powerhouse that elevates everything it touches. We steam our Italian 5-grain blend while quickly prepping an assortment of crisp and juicy vegetables. Fresh dill, lemon, and sour cream make an irresistible dressing for the warm grains, cool veggies, and savory salmon.

What we send

- 4 oz Italian 5-grain blend ¹
- 1 yellow onion
- 1 cucumber
- 1 bag radishes
- 1 plum tomato
- ¼ oz fresh dill
- 1 lemon
- 2 (1 oz) sour cream ⁷
- 3 oz smoked salmon ⁴

What you need

- olive oil
- kosher salt & ground pepper

Tools

- medium saucepan
- microplane or grater

Allergens

Wheat (1), Fish (4), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 380kcal, Fat 10g, Carbs 54g, Protein 18g



1. Cook grains

Heat **1 teaspoon oil** in a medium saucepan over medium-high. Add **5-grain blend**; cook, stirring, until toasted, 2-3 minutes. Add **1 cup water** and **½ teaspoon salt**; bring to a boil. Reduce heat to low and cook, covered, until most of the water is absorbed, about 15 minutes.



4. Fluff & season grains

Fluff **grains** with a fork. Drizzle with **oil** and season to taste with **salt** and **pepper**.

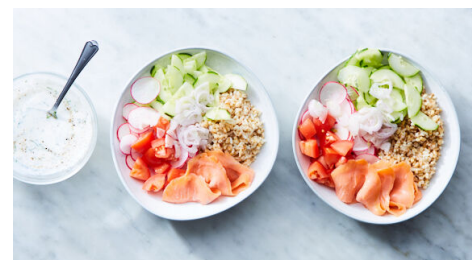


2. Prep ingredients

Peel **cucumber**, if desired, and halve crosswise (save one half for own use). Halve lengthwise and slice into ¼-inch half-moons.

Thinly slice **¾ cup onions** (save rest for own use). Thinly slice **half of the radishes** (save rest for own use). Chop **tomato** into ½-inch pieces.

Finely chop **½ teaspoon dill**.



5. Assemble

Serve **grains** in bowls topped with **cucumbers, radish, tomatoes, onions**, and **smoked salmon**. Top with **lemon-dill dressing, lemon zest**, and **remaining dill leaves**, as desired.



3. Make creamy dressing

Zest **all of the lemon**. Separately squeeze **1 teaspoon juice** into a small bowl. Cut remaining lemon into wedges.

To bowl with lemon juice, whisk in **all of the sour cream, chopped dill**, and **1 teaspoon water**. Season to taste with **salt** and **pepper**.



6. Serve

Enjoy!