



Lemon & Dill Salmon

with Charred Green Beans & Quinoa



20-30min



2 Servings

Fresh and flavorful—our two favorite words when it comes to dinner. Lemon and dill are a powerhouse combination, especially when paired with crispy-skinned salmon. We complete the plate with protein-packed quinoa and charred green beans for a well-balanced bite, brimming with flavor and good for you ingredients.

What we send

- garlic
- 3 oz quinoa
- 1 lemon
- ¼ oz fresh dill
- ½ lb green beans
- 10 oz pkg salmon fillets ⁴

What you need

- olive oil
- kosher salt & ground pepper

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 750kcal, Fat 50g, Carbs 38g, Protein 37g



1. Cook quinoa

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.



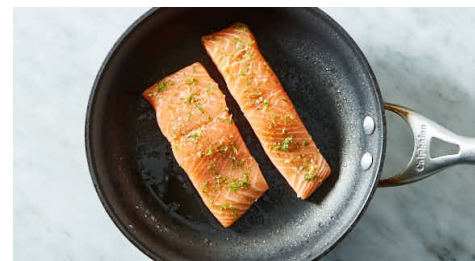
4. Cook green beans

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 **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 of salt and pepper** to lemon zest. Trim **green beans**.



5. Prep salmon

Pat **salmon** dry. Season skin side with **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. Make 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 **salmon**, 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 more. Transfer salmon to plates and serve with **quinoa** and **green beans**. Spoon **lemon dressing** over top. Garnish with **remaining whole dill fronds**. Enjoy!

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

View the recipe online by visiting your account at marleyspoon.com    **#marthaandmarleyspoon**