

DINNERLY



Easy Clean Up! Salmon Grain Bowl with Roasted Veggies & Tahini Sauce

 30min  2 Servings

Listen up. We are NOT playing around here. Really guys, this is major. We made you this ultra-healthy grain bowl that's honestly, seriously craveable. How did we do it? We roasted sweet potatoes and kale over a bed of farro and smothered it all in a creamy-lemony-garlicky tahini sauce. And now, you can do it too. We've got you covered!

WHAT WE SEND

- 1 sweet potato
- 1 bunch curly kale
- 10 oz ready to heat farro ¹
- 1 oz tahini ¹¹
- 1 lemon
- 1 oz salted almonds ¹⁵
- 10 oz pkg salmon filets ⁴

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- garlic

TOOLS

- rimmed baking sheet
- microwave
- microplane or grater
- medium nonstick skillet

ALLERGENS

Wheat (1), Fish (4), Sesame (11), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 1090kcal, Fat 59g, Carbs 91g, Protein 52g



1. Prep veggies

Preheat oven to 450°F with a rack in the upper third.

Cut **sweet potato** into 1-inch pieces.

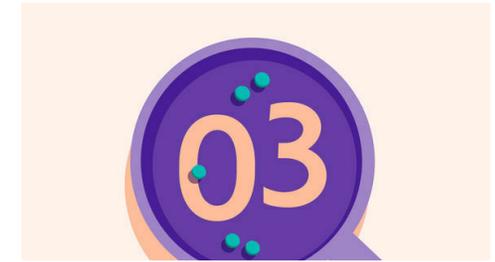
Strip **kale leaves from stems**; chop leaves into bite-sized pieces. In a medium bowl, toss with **1 tablespoon each of oil and water**; season with **salt and pepper**.



2. Roast veggies

On a rimmed baking sheet, toss **sweet potatoes** with **1 tablespoon oil** and a **generous pinch each of salt and pepper**. Roast on upper oven rack, stirring once halfway through cooking time, until golden-brown and tender, about 15 minutes.

Carefully scatter **kale** on top of sweet potatoes. Roast until tender and lightly browned, about 5 minutes more.



3. Heat farro & make sauce

Meanwhile, in a medium bowl, microwave **farro** until warmed through, about 2 minutes.

In a small bowl, finely grate $\frac{1}{4}$ **teaspoon garlic** and zest from **lemon**, then whisk in **tahini** and **1 tablespoon oil**. Squeeze in **1 teaspoon lemon juice**. Stir in **1 teaspoon water at a time** until **sauce** is creamy and drizzles from spoon; season to taste with **salt and pepper**.



4. Cook salmon

Pat **fish** dry.

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Reduce heat to medium; add fish, skin-side down. Firmly press each fillet with back of a spatula, 10 seconds. Cook, occasionally pressing gently on filets, until skin is well browned and very crisp and fish is almost cooked through, about 5 minutes. Flip and cook until just medium, about 1 minute more.



5. Finish & serve

Roughly chop **almonds**. Cut **remaining lemon** into wedges.

Serve **farro** topped with **roasted veggies and salmon**. Drizzle **tahini sauce** and sprinkle **almonds** over top. Serve with **lemon wedges** for squeezing. Enjoy!



6. Rate your plate!

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