



Fast! Smoked Salmon Brown Rice 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. Fresh dill, lemon, and sour cream make an irresistible dressing for warm brown rice, cool veggies, and savory salmon.

What we send

- 5 oz quick-cooking brown rice
- 1 shallot
- 1 cucumber
- 1 radish
- 1 plum tomato
- ¼ oz fresh dill
- 1 lemon
- 2 (1 oz) sour cream ⁷
- 3 oz pkg smoked salmon ⁴

What you need

- olive oil
- kosher salt & ground pepper

Tools

- medium saucepan
- microplane or grater

Allergens

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

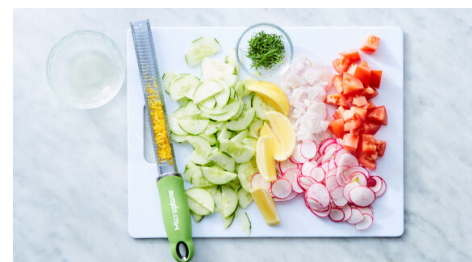
Nutrition per serving

Calories 460kcal, Fat 12g, Carbs 68g, Protein 18g



1. Boil brown rice

Fill a medium saucepan with **salted water** and bring to a boil over high heat. Add **rice** and boil (like pasta), stirring occasionally, until tender, about 22 minutes. Drain rice in a fine-mesh sieve. Return rice to saucepan; set aside until step 4.



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 **shallot**. Thinly slice **radish**. Chop **tomato** into ½-inch pieces.

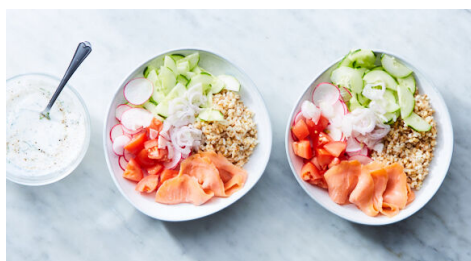
Finely chop ½ **teaspoon dill**.



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**.



4. Assemble & serve

Drizzle **brown rice** with **oil** and season to taste with **salt** and **pepper**.

Serve **brown rice** in bowls topped with **cucumbers, radish, tomatoes, shallots**, and **smoked salmon**. Top with **lemon-dill dressing, lemon zest**, and **remaining dill leaves**, as desired. Enjoy!



5. ...

Looking for more steps?



6. ...

You won't find them here! Enjoy your Martha Stewart & Marley Spoon meal!