



Quinoa Vitality Bowl with Salmon

& Tahini-Turmeric Dressing



20-30min



2 Servings

We're freshening things up with an ultra-healthy, colorful, and delicious quinoa bowl. You'll find sweet slices of tomato, fresh mint, and creamy turmeric dressing for a special finish. Quinoa is rich in protein and fiber and also tastes great at room temperature, so feel free to pack up any leftovers to have for a quick lunch the next day!

What we send

- 3 oz white quinoa
- 1 cucumber
- 15 oz can chickpeas
- 1 oz tahini ¹¹
- 1 oz maple syrup
- ¼ oz ground cumin
- ¼ oz turmeric
- 2 plum tomatoes
- ¼ oz fresh mint
- 10 oz pkg salmon filets ⁴

What you need

- kosher salt & pepper
- apple cider vinegar (or white wine vinegar)
- olive oil

Tools

- small saucepan
- rimmed baking sheet
- medium nonstick skillet

Allergens

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

Nutrition per serving

Calories 970kcal, Fat 63g, Carbs 78g, Protein 49g



1. Cook quinoa

In a small saucepan, combine **quinoa**, **1½ cups water**, and **a pinch of salt**. Bring to a boil, then reduce heat to low and cover. Cook until water is absorbed and quinoa is tender, 15-20 minutes. Remove from heat and keep covered until ready to serve.



4. SALMON VARIATION

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 filet 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.



2. Prep & marinate cucumbers

Meanwhile, trim ends from **cucumber**, then thinly slice crosswise. In a medium bowl, whisk **2 tablespoons vinegar**, **1 tablespoon oil**, and **½ teaspoon salt**. Add cucumbers and toss to coat. Set aside until ready to serve.



5. Make dressing

In a small bowl, whisk to combine **tahini**, **2 tablespoons each of water and oil**, **1 tablespoon vinegar**, **2 teaspoons maple syrup**, **¼ teaspoon cumin**, and **⅛ teaspoon turmeric**. Season to taste with **salt** and **pepper** (save remaining cumin, turmeric, and maple syrup for own use).



3. Prep & broil chickpeas

Preheat broiler with a rack in the top position. Drain liquid from **chickpeas** and dry on a paper towel. Toss on a rimmed baking sheet with **1 tablespoon oil**, and season with **salt** and **pepper**.

Broil **chickpeas** on top oven rack until golden and crispy, shaking baking sheet halfway through, 6-8 minutes (watch closely as broilers vary).



6. Finish & serve

Thinly slice **tomatoes** and season lightly with **salt**. Pick **mint leaves** from stems. Fluff **quinoa** and divide between bowls. Top with **cucumbers**, **tomatoes**, **salmon**, and **crispy chickpeas**. Drizzle **dressing** over top and sprinkle with **mint**. Enjoy!