



Grilled Salmon & Broccoli

with Venetian-Style Quinoa



30-40min



2 Servings

Don't have a grill or grill pan? Preheat your oven to 425°F with a rack in the upper third. Lightly oil a rimmed baking sheet. Add salmon to the prepared baking sheet, skin side down, and roast on the upper oven rack until salmon is just cooked through and opaque, 8-10 minutes. Transfer salmon to a plate; switch oven to broil. Place broccoli on the same baking sheet and broil until lightly charred and tender, 3-5 minutes.

What we send

- ½ lb broccoli
- ¼ oz fresh parsley
- 1 oz capers ¹⁷
- ¼ oz warm spice blend
- 10 oz pkg salmon filets ⁴
- 1 oz sliced almonds ¹⁵
- ½ oz dried currants
- garlic
- 3 oz white quinoa

What you need

- olive oil
- red wine vinegar (or white wine vinegar)
- kosher salt & ground pepper
- sugar

Tools

- microwave
- grill or grill pan

Allergens

Fish (4), Tree Nuts (15), Sulphites (17).
May contain traces of other allergens.
Packaged in a facility that packages
gluten containing products.

Nutrition per serving

Calories 980kcal, Fat 67g, Carbs 56g,
Protein 41g



1. Prep ingredients

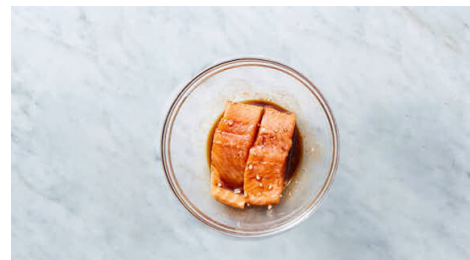
Cut **broccoli** into florets, if necessary. Coarsely chop **parsley leaves and stems**. Finely chop **2 teaspoons garlic**.

Transfer **capers** to a small bowl; crush with the back of a fork. Stir in **2 tablespoons each of oil and vinegar** and **half each of the chopped parsley and chopped garlic**. Season to taste with **salt** and **pepper**. Set aside until for step 6.



4. Toast almonds

Meanwhile, transfer **almonds** to a microwave-safe plate and spread to a single layer. Microwave in 1 minute intervals, stirring after each interval, until toasted, about 2 minutes. (Alternatively, transfer almonds to a small skillet and set over medium heat. Cook, stirring occasionally, until toasted, 1-2 minutes.)



2. Prep salmon

In a medium bowl, combine **remaining garlic, 1 tablespoon oil, ½ teaspoon warm spice blend, and a pinch each of sugar and salt**. Pat **salmon** dry, add to bowl with marinade, and turn to coat; set aside until step 5.



5. BROCCOLI VARIATION

Heat grill or grill pan to medium-high. In a medium bowl, toss **broccoli** with **1 tablespoon oil**; season with **salt** and **pepper**. Add to grill (in batches, if necessary); cook until charred and tender, 3-5 minutes per side. Transfer to cutting board.

Wipe marinade from **salmon**; transfer to grill, skin side down; cook until charred and medium, 3-4 minutes per side.



3. Cook quinoa

In a small saucepan, combine **quinoa, ½ teaspoon salt, and ¾ cup water**. Bring to a boil. Cover, reduce heat to medium-low, and cook until tender and water is absorbed, 15-20 minutes. Remove from heat. Rest, covered, for 10 minutes. Add **1 tablespoon oil** and fluff with a fork.



6. Finish & serve

To saucepan with **quinoa** add **currants, toasted almonds, and remaining parsley**; stir to combine.

Serve **quinoa** topped with **grilled broccoli** and **salmon**. Spoon **caper gremolata** over the top. Enjoy!

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

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