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Za'atar Roasted Wild Sockeye Salmon

with Feta & Shepherd Salad





20-30min 2 Servings

Za'atar is a Middle Eastern spice blend, typically containing a savory mix of dried herbs (like thyme and oregano), toasted sesame seeds, ground sumac, and other spices. We use this lively seasoning to form a crust for roasted wildcaught sockeye salmon. The fish is served alongside a chopped salad of cucumber, roasted bell peppers, and briny feta cheese.

What we send

- 1 lemon
- 1/4 oz za'atar spice blend 11
- garlic
- 1 bell pepper
- 2 scallions
- 1 cucumber
- 2 oz feta ⁷
- 10 oz pkg wild-caught sockeye salmon ⁴

What you need

- · olive oil
- kosher salt & ground pepper

Tools

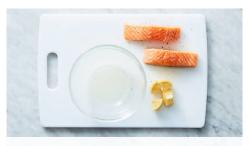
- rimmed baking sheet
- medium skillet

Allergens

Fish (4), Milk (7), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 430kcal, Fat 29g, Carbs 12g, Protein 37g



1. Prep salmon & lemon

Preheat oven to 400°F with a rack in the center.

Squeeze **2 teaspoons lemon juice** into a medium bowl, then cut any remaining lemon into wedges.

Pat **salmon** dry, then rub with **oil** and season with **salt** and **pepper**.



2. Roast salmon

Line a rimmed baking sheet with foil. Add salmon, skin side down. Sprinkle with 2 teaspoons za'atar, gently pressing to help seasoning adhere. Place lemon wedges around salmon. Drizzle salmon and lemon with oil.

Roast on center oven rack until medium, about 12 minutes.



3. Prep peppers & garlic

Meanwhile, finely chop **1 teaspoon** garlic. Halve **pepper**, discard stem and seeds, and cut into ½-inch pieces.

To bowl with **lemon juice**, stir in **1 teaspoon water** and **1 tablespoon oil**. Season to taste with **salt** and **pepper**.



4. Char peppers

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **peppers** and season with **salt** and **pepper**. Cook, stirring, until just crisp-tender and browned in spots, about 2 minutes. Add **chopped garlic** and cook, stirring, until fragrant, about 30 seconds. Transfer to bowl with **lemon dressing**.



5. Prep salad

Trim **scallions**, then thinly slice.

Trim **cucumber** (peel if desired), and cut into ½-inch pieces.



6. Finish salad & serve

Add **scallions** and **cucumbers** to bowl with **peppers**, tossing to combine. Crumble **feta** into bowl, then season to taste with **salt** and **pepper**.

Carefully squeeze **roasted lemon** wedges over **za'atar salmon**. Serve with **salad** alongside. Enjoy!