

DINNERLY



Garlic-Dill Salmon & Veggies Quinoa Bowl

with Marinated Tomatoes & Feta



20-30min



2 Servings

One of our favorite ways to Dinnerly is making a whole lot of tasty things, making them tastier with fresh herbs and creamy cheese, then tossing them together bowl-style. This is clean-eating in terms of the mighty grain quinoa balanced with plenty of protein and veggies. But, it's up to you to walk away from the table without a dribble of vinaigrette running down your shirt... We've got you covered!

WHAT WE SEND

- 3 oz white quinoa
- ½ lb asparagus
- 1 plum tomato
- 15 oz can chickpeas
- ¼ oz fresh dill
- 2 oz feta ⁷
- 10 oz pkg salmon filets ⁴

WHAT YOU NEED

- garlic
- olive oil
- kosher salt & ground pepper
- red wine vinegar

TOOLS

- rimmed baking sheet
- small saucepan
- medium nonstick skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 910kcal, Fat 62g, Carbs 63g, Protein 52g



1. Cook quinoa

Finely chop **1 teaspoon garlic**.

Heat **1 tablespoon oil** in a small saucepan over medium. Add **half of the garlic** and cook, stirring until fragrant, 1 minute. Add **quinoa, ¾ cup water**, and **½ teaspoon salt**; bring to a boil over high heat. Cover and cook over low heat until quinoa is tender and water is absorbed, about 15 minutes.

Preheat broiler with a rack in the top position.



4. Broil veggies

Toss **chickpeas** and **asparagus** on a rimmed baking sheet with **1 tablespoon oil**; season with **salt** and **pepper**.

Broil on top oven rack until asparagus are crisp-tender and chickpeas are warm, about 4 minutes. Toss with **remaining chopped garlic**, then broil until garlic is fragrant, 1–2 minutes (watch closely as broilers vary). Toss with **half of the chopped dill**.



2. Prep ingredients

Trim and discard woody ends from **asparagus** (about 2 inches), then cut into thirds. Core **tomato**, halve, then thinly slice into half-moons. Rinse and drain **chickpeas**. Finely chop **dill fronds**; discard stems. To a medium bowl, add **tomatoes, 3 tablespoons oil, 1 tablespoon vinegar**, and **1 teaspoon water**; toss to coat. Season to taste with **salt** and **pepper**.

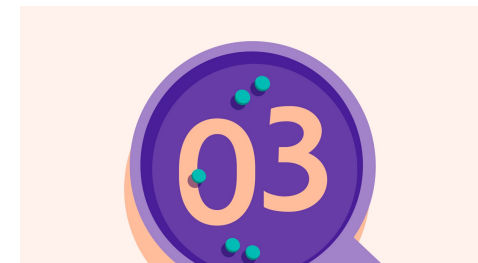


5. Finish quinoa & serve

Crumble **feta**.

Fluff **quinoa** with a fork, then stir in **half of the feta**.

Serve **quinoa** topped with **seared salmon, asparagus, chickpeas**, and **marinated tomatoes**. Drizzle with **vinaigrette** and sprinkle with **remaining feta and dill**. Enjoy!



3. SALMON VARIATION

Pat **salmon** dry; season with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high until shimmering. Add salmon, skin-side down; lightly press each filet for 10 seconds. Lower heat to medium; cook until skin is browned and crisp, about 4 minutes. Flip and cook until just medium, about 1 minute more.



6. Check us out!

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