



Fast! Seared Salmon Brown Rice Bowl

with Creamy Lemon-Dill Dressing



ca. 20min



2 Servings

Equal parts clean and satisfying, this grain and veggie bowl features tender seared 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
- 10 oz pkg salmon filets ⁴

What you need

- olive oil
- kosher salt & ground pepper

Tools

- medium saucepan
- microplane or grater
- 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 700kcal, Fat 29g, Carbs 68g, Protein 38g



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

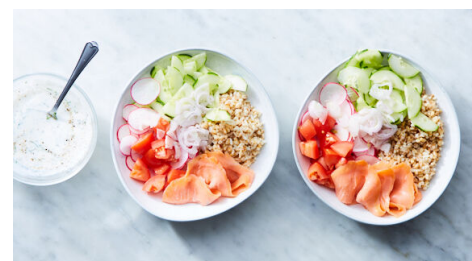
Zest **all of the lemon**. Separately squeeze **1 teaspoon juice** into a small bowl. Cut remaining lemon into wedges.

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. Cook salmon

Pat **salmon** dry and season all over 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, 4-5 minutes. Flip and cook until just medium, about 1 minute more.



5. 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 **salmon**. Top with **lemon-dill dressing, lemon zest**, and **remaining dill leaves**, as desired. Enjoy!



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