MARLEY SPOON

Cilantro-Lime Grilled Salmon

with Quinoa-Poblano Pilaf & Salsa

30-40min 2 Servings

This zesty pepper infused quinoa topped with cilantro-lime salmon will put some pep in your step! If you don't have a grill, heat 1 tablespoon oil in a nonstick skillet over 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 browned and crisp and fish is nearly cooked through, 5 minutes. Flip and cook until medium, 1 minute.

What we send

- 1 poblano pepper
- garlic
- 3 oz tri-color quinoa
- 1 plum tomato
- ¼ oz fresh cilantro
- 2 limes
- 10 oz pkg salmon filets [4]
- 1 oz sour cream [7]
- 5 oz baby spinach

What you need

- olive oil
- kosher salt
- red wine vinegar (or apple cider vinegar) [17]

Tools

- grill or grill pan
- small saucepan
- microplane or grater

Allergens

Fish (4), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 740kcal, Fat 49g, Carbs 37g, Protein 38g

1. Cook poblanos

Heat grill to high, if using. Halve **poblano pepper**, remove stem, core, and seeds, then cut into ¼-inch thin strips. Heat **1 tablespoon oil** in a small saucepan. Add poblanos and **½ teaspoon salt**. Cook until fragrant, 1–2 minutes. Add **3 tablespoons water**. Cover and cook until water evaporates and peppers soften, about 3 minutes. Transfer peppers to a bowl and cover; reserve for step 6.

2. Cook quinoa

Finely chop **2 teaspoons garlic**. Heat **2 teaspoons oil** in saucepan over medium-high. Add **quinoa** and **1 teaspoon of the chopped garlic**. Cook until fragrant and lightly toasted, about 1 minute. Add **¾ cup water** and **½ teaspoon salt**; bring to boil. Cover, reduce heat to low, and cook until water is absorbed and quinoa is tender, 12–15 minutes. Fluff with a fork; cover to keep warm.

3. Prep ingredients

Cut **tomatoes** into ½-inch pieces. Pick **a few cilantro leaves** from **stems**; reserve for step 6. Finely chop remaining cilantro leaves and stems. In a medium bowl, finely grate **1 teaspoon lime zest** and squeeze **2 tablespoons juice**.

THIS IS A CUSTOMIZED RECIPE STEP

We've tailored the instructions below to match your recipe choices.
Happy cooking!

4. Marinate salmon

To the medium bowl with **lime zest and juice**, whisk in **chopped cilantro**, **remaining garlic**, **3 tablespoons oil**, **1 tablespoon vinegar**, **½ teaspoon salt**, and **a few grinds of pepper**. Reserve **2 tablespoons of the dressing** in a second medium bowl for step 5.

Pat **salmon** dry and add to bowl with **remaining dressing**.

5. Make salsa & cook salmon

Heat a grill pan to high, if using, until very hot. Add **tomatoes** to bowl with **reserved 2 tablespoons of dressing** and toss to combine. In a small bowl, slightly thin **sour cream** by mixing in **1 teaspoon water** as needed and **a pinch of salt**. Add **salmon** to grill or grill pan and cook until lightly charred on each side and just medium, about 3 minutes per side.

6. Make salad & serve

Stir **poblanos** into **cooked quinoa**; transfer to plates. Top with **salmon** and, using a slotted spoon, top salmon with **salsa**; reserve the dressing remaining in the salsa bowl. Add **spinach** to the remaining dressing and toss to combine. Drizzle **crema** over salmon, and top with **reserved whole cilantro leaves**. Serve **spinach salad** alongside. Enjoy!