



Crispy Skinned Wild Salmon

with Coriander Carrot Salad & Quinoa



30-40min



2 Servings

Salmon skin is incredibly tasty when cooked right—and, bonus, it's full of nutrients. It gets super crisp when seared in a hot skillet, adding a great contrast of texture to the flaky flesh. If you're not a fan of salmon skin, no worries, it's easy to remove once the fish is cooked. But try it! It's not known as the bacon of the sea for nothing.

What we send

- 3 oz white quinoa
- 1 oz salted pistachios ¹⁵
- ¼ oz coriander seeds
- garlic
- 1 lemon
- 1 pkt crushed red pepper
- 2 carrots
- 10 oz pkg wild-caught sockeye salmon ⁴
- ½ oz fresh cilantro

What you need

- kosher salt & ground pepper
- olive oil

Tools

- small saucepan
- rimmed baking sheet
- medium nonstick skillet
- medium pot

Allergens

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

Nutrition per serving

Calories 580kcal, Fat 27g, Carbs 48g, Protein 42g



1. Cook quinoa

Preheat oven to 350°F with a rack in the center. Place **quinoa** in a small saucepan along with **¾ cup water** and **a pinch of salt**. Bring to a boil. Reduce heat to low, cover, and cook until water is absorbed and quinoa is tender, about 15 minutes. Keep covered until ready to serve.



2. Toast pistachios

Spread **pistachios** out on a rimmed baking sheet. Toast on center oven rack until golden and fragrant, 6-8 minutes (watch closely as ovens vary). Let cool, then coarsely chop. Meanwhile, transfer **½ teaspoon coriander seeds** to a medium nonstick skillet. Toast over medium heat, swirling occasionally, until fragrant, about 1 minute. Let cool, then coarsely chop. Reserve skillet for step 5.



3. Make dressing

Finely chop **½ teaspoon garlic**; transfer to a large bowl. Halve **lemon**, then squeeze juice from one half into bowl with garlic. Cut remaining lemon into wedges. Add **chopped coriander seeds**, **2 tablespoons oil**, and **a pinch of crushed red pepper** (more or less depending on heat preference); whisk to combine. Season to taste with **salt** and **pepper**.



4. Blanch carrots

Scrub **carrots**, then cut about 1½ cups into ½-inch pieces. Fill a medium pot with **salted water**. Bring to a boil; add carrots. Cover and simmer until just tender, 5-7 minutes. Drain carrots well, then transfer to bowl with **dressing** and toss to combine.



5. Cook salmon





Pat **fish** dry and season all over with **salt** and **pepper**. Heat **2 teaspoons oil** in the reserved skillet over medium-high. When **oil** is shimmering, add fish, skin side down, and cook until golden and crisp, 4-5 minutes. Flip and cook to desired doneness, 2-4 minutes. Transfer to plates.



6. Finish & serve

Pick **cilantro leaves and tender stems** from sprigs, add to **carrots** along with **pistachios** and toss to combine. Serve **salmon**, skin side up, with **quinoa**, **carrot salad**, and **lemon wedges** for squeezing over top. Enjoy!

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

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