



Carrot Salad & Crispy Salmon

with Quinoa



20-30min



2 Servings

The keys to crispiness are a hot pan, the right amount of fat (just a little), and no touching. You won't believe the crackling salmon skin you'll get if you follow those rules. Simple steamed quinoa and carrots get dressed in a delicious and addictive garlicky lemon dressing. Cook, relax and enjoy!

What we send

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

What you need

- coarse salt
- freshly ground black pepper
- olive oil

Tools

- large nonstick skillet
- rimmed baking sheet
- small saucepan
- small skillet

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 750kcal, Fat 37g, Carbs 52g, Protein 45g



1. Cook quinoa

Rinse quinoa in a fine-mesh sieve. Place in a small saucepan with 1½ cups water and a pinch salt. Bring to a boil, reduce heat to low, cover, and cook until water is absorbed and quinoa is tender, 15 minutes. Keep covered until ready to serve.



2. Toast pistachios

Preheat oven to 350°F. Spread pistachios on a rimmed baking sheet and toast in the oven until golden and fragrant, 6-8 minutes. Let cool then roughly chop. While nuts toast, warm coriander in a small dry skillet, swirling occasionally until fragrant, about 1 minute. Let cool, then coarsely chop.



3. Make dressing

Grate garlic using a microplane or finely chop and add to a large bowl. Halve lemon and squeeze half over garlic. Add coriander, crushed red pepper and 2 tablespoons oil. Season with salt and pepper and whisk to combine.



4. Steam carrots

Peel carrots and cut into bite-size pieces. Fill a small saucepan with 1-inch of water and fit with a steamer basket. Bring to a simmer and add carrots. Cover and steam until just tender, 5-7 minutes. Transfer to bowl with dressing, and toss to combine.



5. Cook fish





Pat fish dry and season all over with salt and pepper. Heat 2 teaspoons oil in a large nonstick 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

Pick cilantro leaves and tender stems from sprigs, add to carrots and toss to combine. Cut remaining lemon half into wedges. Serve salmon skin-side up with quinoa, carrot salad and lemon wedges. Enjoy!

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

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