

DINNERLY



Harissa-Spiced Salmon & Seared Zucchini

with Cauliflower Rice



30min



2 Servings

Harissa, a spice blend native to the North African region of Maghreb, is traditionally made of a blend of roasted peppers, chilies, and aromatics like garlic, coriander, and cumin. Rub it all over salmon then sear the fish up, then serve alongside lemony, herby cauliflower rice and par-seared zucchini for a perfectly spiced and delightfully flavorful 30-minute dinner. We've got you covered!

WHAT WE SEND

- 12 oz cauliflower rice
- 1 zucchini
- ¼ oz fresh parsley
- 1 lemon
- 8 oz pkg salmon filets ⁴
- ¼ oz harissa spice blend

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil

TOOLS

- small saucepan
- medium nonstick skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 560kcal, Fat 44g, Carbs 15g, Protein 29g



1. CAULIFLOWER VARIATION

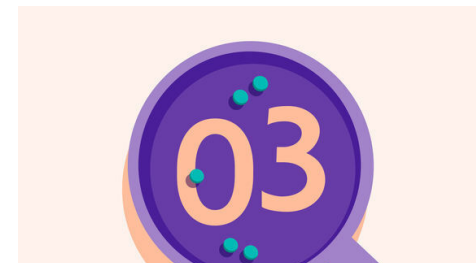
Heat **1 teaspoon oil** in a small saucepan over medium-high. Add **cauliflower rice** and cook, stirring, until golden-brown, about 3 minutes. Season with **salt** and **pepper**. Reduce heat to low; cover and cook until tender, 4–5 minutes. Keep covered off heat.



2. Prep ingredients

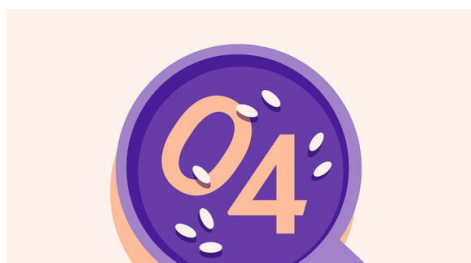
Meanwhile, scrub **zucchini**; halve lengthwise, then cut crosswise into ¾-inch thick half moons. Pick **parsley leaves** from stems and finely chop; discard stems. Finely grate **zest of half the lemon**; squeeze **1 tablespoon juice**. Cut **remainder of lemon** into wedges.

Pat **salmon** dry. Sprinkle flesh side of fish with **harissa spice**; season all over with **salt** and **pepper**.



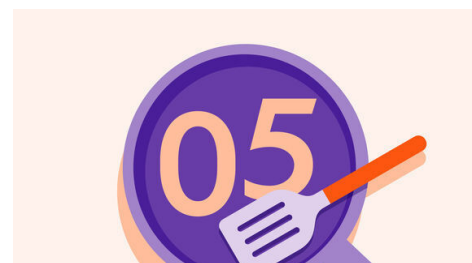
3. Cook zucchini

In a medium nonstick skillet, heat **1 tablespoon oil** over medium-high. Add **zucchini** in a single layer; season with **salt** and **pepper**. Cook **zucchini**, undisturbed, until well-browned on the bottom, 3–4 minutes. Flip zucchini and continue cooking until tender, 2–3 minutes more. Season to taste with **salt** and **pepper**; transfer to a plate.



4. Cook salmon

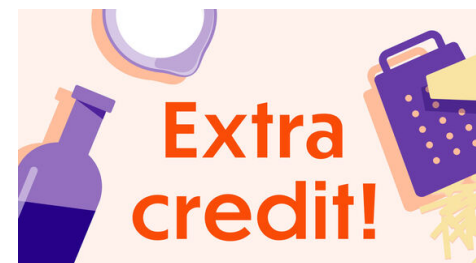
Heat **1 tablespoon oil** *in same skillet over medium-high. Reduce heat to medium; add_salmon*, skin-side down. Firmly press each filet with back of a spatula, 10 seconds. Cook, occasionally pressing gently on filets, until skin is well browned and very crisp and fish is almost cooked through, 4–5 minutes. Flip and cook until just medium, about 1 minute more.



5. Finish & serve

Transfer **salmon** to serving plates.

Stir **lemon zest and juice**, **parsley**, and **2 tablespoons oil** into **cauliflower rice**; mix until combined and season to taste with **salt** and **pepper**. Serve **fish** with **cauliflower rice**, **zucchini**, and **lemon wedges** on the side. Enjoy!



6. Check us out!

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