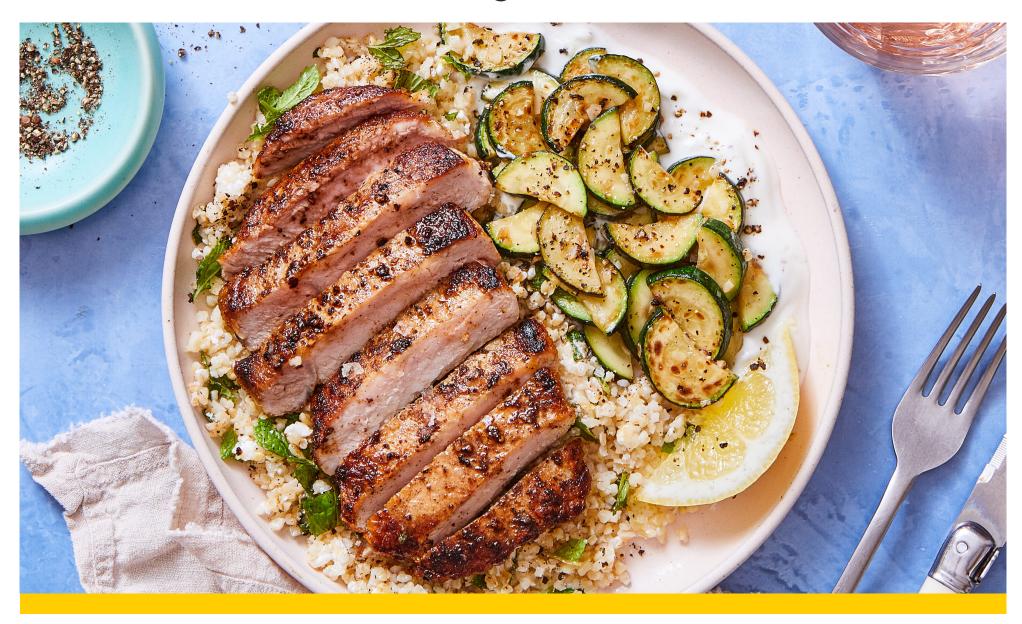
MARLEY SPOON



Berbere Salmon

with Bulgur-Mint Salad, Zucchini & Feta





We add some pizzazz to these tender salmon filets with a sprinkle of berberean Ethiopian spice blend that includes chile, garlic, fenugreek, and warm spices like allspice and cinnamon. The lively spice blend pairs perfectly with garlicky sautéed zucchini and a bulgur wheat salad tossed with fresh mint, lemon, and feta cheese.

What we send

- 4 oz quick-cooking bulgur 1
- 1 zucchini
- garlic
- 1 lemon
- 10 oz pkg salmon filets ⁴
- 1/4 oz berbere spice blend
- ¼ oz fresh mint
- 2 oz feta ⁷
- 4 oz Greek yogurt ⁷

What you need

- · kosher salt & pepper
- · olive oil

Tools

- small saucepan
- · fine-mesh sieve
- · microplane or grater
- medium nonstick skillet

Allergens

Wheat (1), Fish (4), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 770kcal, Fat 51g, Carbs 39g, Protein 45g



1. Cook bulgur

In a small saucepan, combine ½ cup bulgur (save rest for own use), 1¼ cups water, and ¼ teaspoon salt Bring to a boil over high heat, then reduce to a simmer; cover and cook until bulgur is tender, 10-12 minutes.

Drain in a fine-mesh sieve, then let sit in sieve to cool, fluffing occasionally with a fork, until step 5.



2. Prep ingredients

Meanwhile, trim ends from **zucchini**; halve lengthwise and thinly slice crosswise into half-moons. Finely chop **1 teaspoon garlic**. Finely grate **¼ teaspoon lemon zest**; separately squeeze **2 teaspoons lemon juice** into a measuring cup. Cut any remaining lemon into wedges.

Pat **salmon** dry, then season all over with **salt**, **pepper**, and **1 teaspoon berbere spice blend**.



3. Sauté & dress zucchini

Heat 1 tablespoon oil in a medium nonstick skillet over medium-high. Add zucchini and a pinch each of salt and pepper; cook until zucchini is tender and browned in spots, 3-4 minutes. Stir in ½ teaspoon of the garlic; cook until fragrant, about 30 seconds.

Transfer to a bowl, then stir in **1 teaspoon** of the lemon juice and **1 teaspoon oil**; cover to keep warm. Wipe skillet.



4. Cook salmon

Heat **1 tablespoon oil** in same 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. Transfer to a plate and cover to keep warm.



5. Finish bulgur salad

Pick and thinly slice **mint leaves**; discard stems.

Crumble **feta** into a medium bowl, then add **mint**, **bulgur**, **lemon zest**, **remaining lemon juice**, and **2 teaspoons oil**; stir to combine. Season to taste with **salt** and **pepper**.



6. Season yogurt & serve

In a small bowl, stir to combine yogurt, remaining chopped garlic, and 1 teaspoon oil. Season to taste with salt and pepper. Spoon yogurt onto plates, then top with zucchini and any dressing.

Serve **salmon** and **bulgur-mint salad** with **any lemon wedges** on the side for squeezing over. Enjoy!