

MARLEY SPOON



Wild Salmon & Veggie Mixed Grill

with Parsley Oil & Red Pepper Pesto



20-30min



2 Servings

We love the smoky flavor that veggies and wild salmon develop on the grill. But if you don't have a grill or grill pan, no worries! Direct heat from a broiler provides a light, smoky char, and it's just as delicious! Preheat the broiler with a rack in the top position. Place broccoli, summer squash, onions, and salmon, skin side down, on a baking sheet. Broil until veggies are just tender and salmon is medium, 5-8 minutes.

What we send

- ½ lb broccoli
- 1 yellow squash
- 1 red onion
- 10 oz pkg wild-caught sockeye salmon ⁴
- ¼ oz fresh parsley
- garlic
- 4 oz roasted red pepper pesto ⁷

What you need

- olive oil
- kosher salt & ground pepper
- red wine vinegar (or white wine vinegar)

Tools

- grill or grill pan

Allergens

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

Nutrition per serving

Calories 610kcal, Fat 42g, Carbs 26g, Protein 40g



1. Prep vegetables

Preheat a grill or grill pan to high, if using. Trim stem ends from **broccoli**, then cut crowns into 2-inch florets. Trim stem end from **squash**, then halve lengthwise and cut into 1-inch thick wedges. Cut **onion** crosswise into ½-inch thick rings, keeping rings intact.



2. Grill broccoli & squash

In a medium bowl, toss **broccoli** and **squash** with a **generous drizzle of oil**; season with **salt** and **pepper**. Massage broccoli florets to make sure broccoli is well coated. Add broccoli and squash to grill, reduce heat to medium, and cook, covered, until slightly charred and crisp-tender, about 3 minutes per side. Transfer to a cutting board and cover to keep warm.



3. Grill onions

Gently toss **onions** (trying to keep rings intact) with a **drizzle of oil**, then sprinkle with **salt** and **pepper**. Grill, covered, until lightly charred and tender, 4-5 minutes per side. Transfer to the cutting board with **squash** and **broccoli** and cover to keep warm.



4. Grill salmon

Pat **salmon** dry; rub all over with **oil**, then season generously all over with **salt** and **pepper**. Brush grill grates with **oil**, then add salmon, skin side up. Grill over medium heat, covered, until lightly charred and medium, about 3 minutes per side (or longer for desired doneness).



5. Make parsley oil

While **vegetables** and **salmon** cook, very finely chop **parsley leaves and stems** together. Finely chop ½ **teaspoon garlic**. In a small bowl, stir to combine, parsley, chopped garlic, **3 tablespoons oil**, and ½ **teaspoon vinegar**. Season to taste with **salt** and **pepper**.



6. Serve

Serve **salmon** with **grilled vegetables** and **red pepper pesto** on the side. Drizzle **parsley oil** on top of the **salmon** and **vegetables**. Enjoy!