

MARLEY SPOON



Easy Prep! Sweet & Sour Pineapple Salmon

with Snap Peas, Peppers & Quinoa



20-30min



2 Servings

Salmon fillets pair perfectly with sweet pineapple, which balances the rich fish with an acidic edge. While the pineapple caramelizes on top of the salmon in the broiler, we use the juice to make a quick sweet and sour sauce. Bright green snap peas and red bell peppers broil on the same sheet pan while fluffy quinoa steams—perfect for soaking up the sauce! A few fresh mint leaves add the final herbal touch.

What we send

- 3 oz white quinoa
- 1 bell pepper
- 4 oz snap peas
- garlic
- ¼ oz fresh mint
- 4 oz pineapple cup
- ½ oz tamari soy sauce ⁶
- ¼ oz cornstarch
- 10 oz pkg salmon filets ⁴

What you need

- kosher salt & ground pepper
- neutral oil
- ketchup
- apple cider vinegar (or white wine vinegar)

Tools

- medium saucepan
- fine-mesh sieve
- rimmed baking sheet
- aluminium foil

Allergens

Fish (4), Soy (6). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 550kcal, Fat 22g, Carbs 48g, Protein 39g



1. Cook quinoa

In a small saucepan, combine **quinoa**, **¾ cup water**, and **½ teaspoon salt**. Bring to a boil. Cover, reduce heat to medium-low, and cook until tender and water is absorbed, 15-20 minutes. Keep covered off heat until ready to serve.



4. Broil salmon & veggies

Broil **salmon** and **veggies** on center rack until veggies are charred in spots, **pineapple** is caramelized, and salmon is cooked through, 5-10 minutes (watch closely as broilers vary).



2. Heat broiler & prep

Preheat broiler with a rack in the center. Line a rimmed baking sheet with foil. Halve **pepper**, discard stem and seeds, then cut into 1-inch pieces. Trim **snap peas**, if desired. Finely chop **1 teaspoon garlic**. Pick **mint leaves** from stems; discard stems. Drain **pineapple juice** into a small microwave-safe bowl; reserve **pineapple pieces**.



5. Make sweet & sour sauce

To bowl with **pineapple juice**, stir in **tamari**, **chopped garlic**, **1 tablespoon each ketchup and vinegar**, and **2 teaspoons cornstarch**. Microwave on high in 30-second intervals, stirring after each one, until thick enough to coat the back of a spoon, 1-2 minutes total.

(Alternatively, warm in a pot or skillet on stove over medium heat, stirring, until thickened.)



3. Prep salmon & veggies

Pat **salmon** dry, then transfer to one half of the prepared baking sheet. Season with **salt** and **pepper**, top with **reserved pineapple pieces**, and drizzle all over with **oil**. Transfer **peppers** and **snap peas** to other half of baking sheet; drizzle with **oil** and season with **salt** and **pepper**.



6. Finish & serve

Serve **salmon** and **veggies** over **quinoa** with **sweet and sour sauce** poured over top. Garnish with **mint**. Enjoy!