





## Crispy Skinned Wild Salmon

with Coriander Carrot Salad & Quinoa

 30-40min  2 Servings

Salmon skin is incredibly tasty when cooked right—and, bonus, it's full of nutrients. It gets super crisp when seared in a hot skillet, adding a great contrast of texture to the flaky flesh. If you're not a fan of salmon skin, no worries, it's easy to remove once the fish is cooked. But try it! It's not known as the bacon of the sea for nothing.

## What we send

- 3 oz white quinoa
- 1 oz salted pistachios <sup>2</sup>
- ¼ oz coriander seeds
- garlic
- 1 lemon
- 1 pkt crushed red pepper
- 6 oz carrots
- 10 oz pkg wild-caught sockeye salmon <sup>1</sup>
- ½ oz fresh cilantro

## What you need

- kosher salt & ground pepper
- olive oil

## Tools

- small saucepan
- rimmed baking sheet
- medium nonstick skillet
- medium pot

## Allergens

Fish (1), Tree Nuts (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 580kcal, Fat 27g, Carbs 48g, Protein 42g



### 1. Cook quinoa

Preheat oven to 350°F with a rack in the center. Place **quinoa** in a small saucepan along with **¾ cup water** and **a pinch of salt**. Bring to a boil. Reduce heat to low, cover, and cook until water is absorbed and quinoa is tender, about 15 minutes. Keep covered until ready to serve.



### 2. Toast pistachios

Spread **pistachios** out on a rimmed baking sheet. Toast on center oven rack until golden and fragrant, 6-8 minutes (watch closely as ovens vary). Let cool, then coarsely chop. Meanwhile, transfer **½ teaspoon coriander seeds** to a medium nonstick skillet. Toast over medium heat, swirling occasionally, until fragrant, about 1 minute. Let cool, then coarsely chop. Reserve skillet for step 5.



### 3. Make dressing

Finely chop **½ teaspoon garlic**; transfer to a large bowl. Halve **lemon**, then squeeze juice from one half into bowl with garlic. Cut remaining lemon into wedges. Add **chopped coriander seeds**, **2 tablespoons oil**, and **a pinch of crushed red pepper** (more or less depending on heat preference); whisk to combine. Season to taste with **salt** and **pepper**.



### 4. Blanch carrots

Scrub **carrots**, then cut about 1½ cups into ½-inch pieces. Fill a medium pot with **salted water**. Bring to a boil; add carrots. Cover and simmer until just tender, 5-7 minutes. Drain carrots well, then transfer to bowl with **dressing** and toss to combine.



### 5. Cook salmon

Pat **fish** dry and season all over with **salt** and **pepper**. Heat **2 teaspoons oil** in the reserved 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 & serve

Pick **cilantro leaves and tender stems** from sprigs, add to **carrots** along with **pistachios** and toss to combine. Serve **salmon**, skin side up, with **quinoa**, **carrot salad**, and **lemon wedges** for squeezing over top. Enjoy!