

MARLEY SPOON



Lemon-Dill Salmon & Cauliflower Rice

with Spinach & Charred Green Beans



20-30min



2 Servings

Fresh and flavorful—our two favorite words when it comes to dinner. Lemon and dill are a powerhouse combination, especially when paired with crispy-skinned salmon. We complete the plate with nutrient-packed cauliflower rice and charred green beans for a well-balanced bite, brimming with flavor and good for you ingredients.

What we send

- 5 oz baby spinach
- 12 oz cauliflower rice
- 1 lemon
- ¼ oz fresh dill
- ½ lb green beans
- 10 oz pkg salmon filets ¹

What you need

- olive oil
- kosher salt & ground pepper

Tools

- medium nonstick skillet
- microplane or grater

Cooking tip

Before cutting the lemon, place it on a flat surface. Roll it a few times under the palm of your hand using medium pressure. This helps loosen up the inside so you have more juice to squeeze!

Allergens

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

Nutrition per serving

Calories 640kcal, Fat 48g, Carbs 19g, Protein 37g



THIS IS A CUSTOMIZED RECIPE STEP

We've tailored the instructions below to match your recipe choices. Happy cooking!

1. Cook cauliflower rice

Roughly chop **spinach**. Heat **1 tablespoon oil** in a medium nonstick skillet over high. Add **cauliflower rice** and cook, stirring, until crisp-tender, about 5 minutes. Season with **salt** and **pepper**. Stir in **spinach**, then transfer to a bowl. Keep covered until ready to serve. Wipe out skillet.



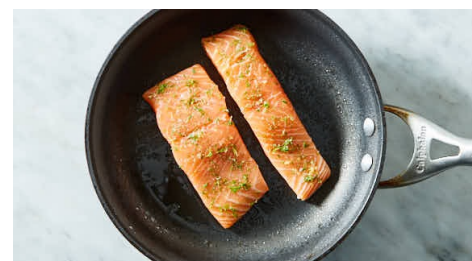
4. Cook green beans

Heat **2 teaspoons oil** in same nonstick skillet over high until shimmering. Add **green beans**; cook until tender and browned in spots, about 5 minutes. Transfer to a bowl; season with to taste with **salt** and **pepper**. Cover to keep warm.



2. Prep ingredients

Finely grate **¼ teaspoon lemon zest** into a small bowl. Pick **2 tablespoons dill fronds** from stems; finely chop 1 tablespoon. Keep remaining dill whole; discard stems. Add **chopped dill** to bowl with zest and season with **salt** and **pepper**. Trim stem ends of **green beans**.



5. Sear salmon

Pat **salmon** dry. Season skin side with **salt**. Season flesh side only with **lemon-dill rub**. Heat **1 tablespoon oil** in same skillet over medium-high until shimmering. Reduce heat to medium; add salmon fillets, skin side down. Using the back of a spatula, press each fillet firmly in place for 10 seconds.



3. Make lemon dressing

Squeeze **1 tablespoon lemon juice** into a 2nd small bowl. Whisk in **2 tablespoons oil** and season to taste with **salt** and **pepper**.



6. Finish salmon & serve

Continue to cook **salmon**, occasionally pressing gently on fillets, until skin is browned and very crisp, about 4 minutes. Flip **salmon**, and cook until just medium, 30-60 seconds more.

Transfer **salmon** to plates and serve with **cauliflower rice** and **green beans**. Spoon **lemon dressing** over top. Garnish with **remaining whole dill fronds**. Enjoy!