



## Roasted Citrus Salmon & Brussels Sprouts

with Salsa Fresca & Grains Blend

 30-40min  2 Servings

Mojo sauce, a Cuban classic, is full of vibrant citrus flavor, thanks to fresh orange juice and zest. We use the refreshing combination as a marinade for salmon fillets before roasting alongside Brussel sprouts, onions, and orange wedges. We serve the fish and veggies with hearty quinoa and brown rice blend, and fresh tomato-cilantro salsa. Don't forget to squeeze some of the roasted orange wedges on top!

## What we send

- 5 oz quick-cooking brown rice
- 3 oz tri-color quinoa
- 1 orange
- garlic
- ¼ oz fresh cilantro
- 1 medium red onion
- ½ lb Brussels sprouts
- ¼ oz ground cumin
- 10 oz salmon fillets <sup>1</sup>
- 1 plum tomato

## What you need

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

## Tools

- large saucepan
- fine-mesh sieve
- microplane or grater
- rimmed baking sheet

## Allergens

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

## Nutrition per serving

Calories 790kcal, Fat 39g, Carbs 69g, Protein 41g



### 1. Boil grains

Preheat oven to 450°F with a rack in the upper third. Place a rimmed baking sheet in oven to preheat. Fill a large saucepan with **salted water** and bring to a boil. Add **rice** and cook (like pasta) for 7 minutes. Add **quinoa** and boil rice and quinoa until both are tender, about 17 minutes more. Drain and return grains to saucepan. Cover to keep warm.



### 4. Cook veggies & make salsa

On the preheated baking sheet, carefully toss **Brussels sprouts** and **remaining onions** with **1 tablespoon oil**; season with **salt** and **pepper**. Roast on upper oven rack until slightly softened and lightly browned in spots, about 5 minutes. Quarter **tomato**, then cut into ¼-inch pieces; add to bowl with **reserved marinade**, and toss to combine.



### 2. Prep ingredients

Finely grate **1 teaspoon orange zest** and squeeze **⅓ cup orange juice** into a medium bowl; cut any remaining orange into wedges. Finely chop **1 teaspoon garlic**. Finely chop **cilantro leaves and stems**. Halve **onion**; finely chop 3 tablespoons, then cut remaining onion into 1-inch pieces. Trim **Brussels sprouts**, then halve.



### 5. Roast salmon

Carefully spread **vegetables** to outer edges of baking sheet. Lightly drizzle **oil** in the center of baking sheet. Place **salmon**, skin side down, on baking sheet along with **any orange wedges**, discarding marinade. Roast on center oven rack until vegetables are tender and salmon is cooked through, 6-7 minutes.



### 3. Marinate salmon

To the bowl with **orange zest and juice**, add **garlic, cilantro, 1½ tablespoons oil, 1 tablespoon vinegar**, and **1 teaspoon cumin**. Season to taste with **salt** and **pepper**. Spoon **⅓ cup of the marinade** into a small bowl and add **finely chopped onions**; reserve for step 4. Add **salmon** to bowl with remaining marinade, rubbing to coat. Let marinate until step 5.



### 6. Serve

Spoon **half of the cooked grains** onto plates (save rest for own use). Serve **salmon** over **grains** with **salsa** and **pan juices** over top. Serve **Brussels sprouts** and **onions** alongside with **any roasted orange wedges** for squeezing over. Enjoy!