



## Salmon with Power Greens & Japanese Dressing:

Martha Stewart & Marley Spoon Does Lunch



under 20min



2 Servings

The quality of the day hinges on the quality of lunch. There are no hours, only Before Lunch and After Lunch. So, whether you're at home, or at work (or if that's the same place) - treat yourself! Put down the instant noodles! Unhand the soggy sandwich! This nutritious salad is everything lunch should be: easy, quick, light enough to not weigh you down, but filling enough to keep you going until dinnertime!



## What we send

- garlic
- 1 orange
- 10 oz salmon fillets <sup>4</sup>
- ½ lb power coleslaw blend
- 3 oz Japanese dressing <sup>1,6</sup>
- 1 oz salted cashews <sup>15</sup>
- ¼ oz furikake <sup>11</sup>

## What you need

- kosher salt & ground pepper

## Tools

- medium skillet

## Allergens

Wheat (1), Fish (4), Soy (6), Sesame (11), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 500kcal, Fat 26g, Carbs 30g, Proteins 35g



### 1. Prep ingredients

Smash **1 garlic clove**. Peel a 3-inch strip from **orange**.



### 2. Make poaching liquid

In a medium skillet, stir to combine **smashed garlic, orange peel, 1 cup water, ½ teaspoon salt, and a few grinds of pepper**. Bring to a simmer over medium-high heat.



### 3. Poach salmon

Season **salmon** all over with **salt** and **pepper**. Once **broth** is simmering, add salmon, skin side down, and cover. Reduce heat to medium-low and simmer until salmon is cooked to desired doneness, 5-7 minutes for medium. Remove salmon from skillet and carefully remove skin.



### 4. Cut orange

While **salmon** poaches, cut ends from **orange**. Stand orange on one end, then cut peel and bitter white pith from orange, cutting from top down (following the curve of the orange). Halve orange from top to bottom, then cut crosswise ¼-inch thick slices.



### 5. Eat now!

Place **power slaw blend** and **oranges** in a large bowl; toss with **Japanese dressing**. Serve **slaw blend** topped with **salmon, cashews, and some of the furikake**. Enjoy!



### 6. Eat later!

Make **salmon** the day before, and store in an airtight container in the refrigerator. When ready to serve, assemble as directed in step 5. Enjoy!