



### #3 Salmon & Tilapia

Add a Protein Variety Pack to your box



under 20min



2 Servings

This protein duo is a fish-lovers dream! Aside from dinner, heart-healthy, omega-3 rich salmon is always great to have on hand as a salad topper or to flake into your favorite egg white omelette or scramble. Tilapia is a versatile fish, much loved for its mild flavor - it gladly sponges up any sauce you like! Try a simple white wine and fresh tarragon combination, or add Tex-Mex spices for an easy fish taco!



## What we send

- 10 oz pkg salmon fillets <sup>4</sup>
- 10 oz pkg tilapia fillets <sup>4</sup>

## What you need

- Your choice!

## Tools

- choose your own cooking adventure!

## Allergens

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

## Nutrition per serving

Calories 430kcal, Fat 21g, Proteins 57g



### 1. Brunch bunch

Salmon is a welcome addition to any brunch table. Instead of the traditional packaged smoked salmon you might buy, why not try to gently poach your fresh salmon in a lemon-slice spiked poaching liquid. Serve the poached salmon with the usual accompaniments—fresh dill, sliced red onions, capers, cream cheese, bagels or toast points. Or serve alongside a simple green salad.



### 2. Crispy skinned salmon

Feeding a crowd or just looking for a make-your-own type of meal? Season the salmon and shrimp with olive oil, dried oregano, salt, pepper, and freshly chopped garlic. Grill both until just cooked. Serve on a platter along with toasted pitas, chopped tomatoes, sliced cucumbers, and olives. Serve hummus and tzatziki on the side and let everyone build their own gyros.



### 3. Burgers

Salmon burgers are a fun way to change it up! Finely chop the shrimp or salmon (discarding skin). Mix in a bowl with some panko, a lightly beaten egg, and savory Asian flavors like teriyaki, tamari, chili paste, kimchi paste, or even Thai curry paste. Shape into patties and grill! Serve on a toasted bun with fresh lime for squeezing over and a wasabi mayo topper!



### 4. Big, bold tilapia

We love tilapia because it is so versatile! It is a very mild flavored fish, which means even the fish haters at your table might give it a chance.

Load it with big, bold flavors. Try lemon butter & thyme or white wine and tarragon. Or use a dry rub, like a spicy Cajun blend or Old Bay!



### 5. Sheet-pan bake!




Quick-cooking fish can be ready in an instant. Make dinnertime even easier on yourself by placing the filets on a sheet pan surrounded by your favorite veggies. Try bell peppers and onions, seasonal sliced squashes or zucchini, sliced potatoes, quartered brussels sprouts, florets of broccoli or cauliflower, or even hearty greens like kale! Drizzle with olive oil and season before baking!



### 6. En papillote!

Bake fish in foil or parchment pouches for a fancy (but simple) tak on dinner! The pouches keep all of the flavor in AND prevent the lean fish from drying out. Place individual filets in the center of a piece of foil or parchment - top with your favorite flavors: lemon slices, shallots, fresh herbs, capers, butter, olive oil, or other seasonings. Wrap up tight and place on a sheet pan to bake.

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

View the recipe online by visiting your account at [marleyspoon.com](https://marleyspoon.com)    **#marthaandmarleyspoon**