



# MARLEY SPOON



## Chipotle Salmon

with Kidney Bean and Rocket Salad

 20-30min  2 Portions

Need a speedy and sensational summer seafood dish that can be whipped up in minutes? Well look no further! The cooking time for this delicious meal is minimal and the substantial salad is the perfect accompaniment to the smoky and succulent salmon.

## What we send

- salmon fillet <sup>4</sup>
- baby rocket
- 1 garlic clove and coriander
- chipotle sauce <sup>6</sup>
- red kidney beans
- lemon
- roma tomato

## What you'll require

- extra virgin olive oil
- salt

## Utensils

- grater
  - large sieve or colander
  - medium frypan
  - paper towel
- Our veggies come straight from the farm, so please wash them before cooking.

## Allergens

Fish (4), Soy (6). May contain traces of other allergens.

## Nutrition per serving

Energy 560.0kcal, Fat 33.7g, Proteins 34.8g, Carbs 24.4g



### 1. Prepare ingredients

Finely chop or crush the **garlic**. Separate leaves and stems from **coriander**. Reserve ¼ of the coriander leaves and finely chop remaining leaves and stems. Zest and juice half the **lemon**. Cut remaining half into wedges. Coarsely chop the **tomatoes**.



### 4. Make salad

Rinse and drain the **kidney beans**. Place half the **dressing** in a large bowl and add the **beans**, coarsely chopped **tomatoes**, chopped **coriander** and remaining **garlic**. Toss to combine.



### 2. Marinate salmon

Combine 2 tsp **chipotle sauce** with 2 tbs **lemon juice**, 2 tsp **zest** and half the **garlic** in a medium bowl. Pat **salmon** dry with paper towel, add to bowl, season with **sea salt**, and toss to coat.



### 5. Cook salmon

Heat 1 tbs **oil** in a medium frypan over medium-high heat. Remove **salmon** from marinade and cook for 2 mins each side or until just cooked through.



### 3. Make dressing

Combine 1 tbs **lemon juice**, remaining **chipotle sauce**, 2 tbs **oil** and 1/2 tsp **sea salt** in a small bowl.



### 6. Get ready to serve

Add **rocket** to **bean salad** and toss to combine. Divide between plates. Top with **salmon**, drizzle with reserved **dressing** and scatter over remaining **coriander leaves** and remaining **lemon zest**. Serve with **lemon wedges**.