

MARLEY SPOON



Crispy Salmon and Carrot Salad

with Quinoa



20-30min



2 Portions

The keys to crisp salmon skin are a hot pan, the right amount of fat (just a little), and no touching. You won't believe the crackling salmon skin you'll get if you follow these rules. Simply steam some quinoa and carrots and dress in a delicious and addictive garlicky lemon dressing to serve alongside: dinner time delight!

What we send

- slivered almonds ¹⁵
- quinoa
- coriander, 1 long green chilli, 1 garlic clove
- salmon fillet, skin on ⁴
- coriander seeds
- lemon
- carrot

What you'll require

- olive oil
- salt and pepper

Utensils

- medium frypan
- medium saucepan
- Mortar and pestle
- paper towel
- sieve
- small saucepan
- Steamer

- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Fish (4), Tree Nuts (15). May contain traces of other allergens.

Nutrition per serving

Energy 740.0kcal, Fat 37.6g, Proteins 35.7g, Carbs 57.9g



1. Cook quinoa

Rinse **quinoa** in a fine sieve. Place in a small saucepan with 500ml (2 cups) water and a pinch of **salt**. Bring to the boil. Reduce heat to low, cover, and cook for 15 mins or until water is absorbed and quinoa is tender. Keep covered until ready to serve.



4. Prepare carrots

Thinly shred the **carrots**. Fill a medium saucepan with 3cm of water and fit with a steamer basket. Bring to a simmer and add the carrots. Cover and steam for 2-3 mins until just tender. Transfer the carrots to the bowl with the dressing and toss to combine.



2. Toast almonds

Meanwhile, add the **coriander seeds** to a medium frypan over medium heat and cook for 1 min, swirling occasionally until fragrant. Set aside to cool, then crush with a mortar and pestle or finely chop or crush. Place the **almonds** in the same frypan and toast over medium heat for 3 mins or until golden. Set aside to cool. Deseed and finely chop the **chilli**.



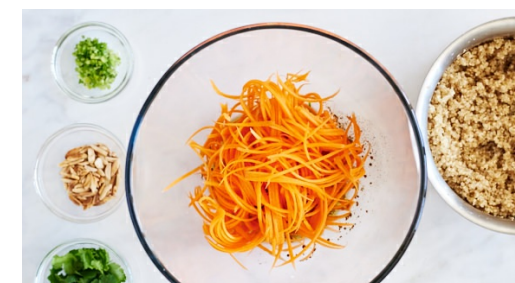
5. Cook fish

Pat the **fish** dry with paper towel and season with **salt and pepper**. Heat 1 tbs **oil** in same frypan over medium-high heat. Cook the fish, skin-side down, for 4-5 mins until golden and crisp. Flip and cook for 2-4 mins to desired doneness. Transfer to plates.



3. Make dressing

Very finely chop half the **garlic** (reserve remaining half for another use) and place in a large bowl. Halve the **lemon** and squeeze 2 tbs juice over the garlic. Add the **coriander seeds**, half the **chilli** and 2 tbs **oil**. Season with **salt and pepper** and whisk to combine.



6. Get ready to serve

Meanwhile, pick the **coriander** sprigs and finely chop the stems. Add to the **carrots** with the **quinoa** and half the **almonds**. Toss to combine. Serve the **salmon**, skin-side up, with the quinoa and carrot salad. Sprinkle over the remaining **chilli** and almonds.