





Lemon & Dill Salmon

with Charred Green Beans & Quinoa

 20-30min  2 Servings

Lemon and dill are a powerhouse combination, especially when paired with crispy-skinned pan seared salmon. A little acidity brings a brightness to the fish, along with dill which adds a refreshing layer of flavor. The fish is served over protein-rich quinoa with crisp-tender green beans. Cook, relax, and enjoy!

What we send

- salmon fillets
- quinoa
- green beans
- dill
- lemon
- garlic

What you need

- kosher salt & ground pepper
- olive oil

Tools

- nonstick skillet
- saucepan

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 460kcal, Fat 29g, Carbs 23g, Proteins 19g



1. Cook quinoa

Peel and finely chop **1 teaspoon garlic**. Heat **1 teaspoon oil** in a small saucepan over medium heat. Add garlic, then cook until fragrant, about 1 minute. Add **quinoa**, **¾ cup water**, and **½ teaspoon salt**. Bring to a boil, then cover and cook over low until quinoa is tender and liquid is absorbed, about 15 minutes. Remove from heat and cover to keep warm.



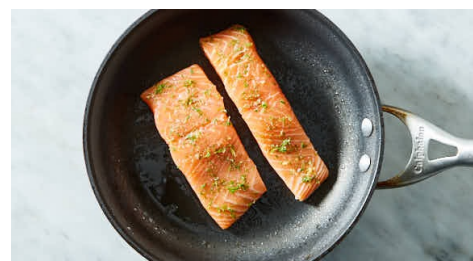
4. Cook green beans

Heat **2 teaspoons oil** in a medium nonstick skillet over high until shimmering. Add **green beans**, and cook until tender and browned in spots, about 4 minutes. Transfer to a bowl; season with to taste with **salt and pepper**. Cover to keep warm. Return skillet to stove.



2. Prep ingredients

Meanwhile, finely grate **¼ teaspoon lemon zest** into a small bowl. Pick **2 tablespoons dill fronds**; finely chop **1 tablespoon** and leave **remaining dill fronds whole** for step 6 (save rest for own use). Add chopped dill and **¼ teaspoon each salt and pepper** to lemon zest. Trim stem ends from **green beans**.



5. Prep salmon

Pat **salmon** flesh and skin very dry. Season **skin side** with **¼ teaspoon salt**. Season **flesh side** only with **lemon-dill rub**. Heat **1 tablespoon oil** in same skillet over medium-high until shimmering. Reduce heat to medium; add salmon fillets, skin side-down. Using the back of a spatula, press each fillet firmly in place for 10 seconds.



3. Season lemon dressing

Squeeze **1 tablespoon lemon juice** into a second small bowl. Whisk in **2 tablespoons oil** and season to taste with **salt and pepper**.



6. Finish salmon & serve

Continue to cook, occasionally pressing gently on **fillets**, until skin is browned and very crisp, about 4 minutes. Flip salmon, and cook until it is just medium, 30 seconds-1 minute. Transfer salmon to plates and serve with **quinoa** and **green beans**. Spoon **lemon dressing** over top. Garnish with **remaining dill fronds**. Enjoy!