

MARLEY SPOON



FAST

Pan-Fried Salmon

with Lemon and Spinach Pilaf



20-30min



2 Portions

Capturing all the aromatic flavour of garlic, fennel and lemon, this pilaf is the perfect partner to pan-fried salmon. The trick to rice pilaf is to use a pan with a well-fitted lid as you want to steam the rice so that it absorbs all the flavour and fluffs up - so simple and so delicious.

What we send

- 4
- 1

What you'll require

- olive oil
- sea salt and pepper
- water

Utensils

- fine grater
- medium frypan
- medium saucepan
- sieve

Our veggies come fresh from the farm, so please wash them before use.

Cooking tip

The remaining stock cube won't be used in this dish.

Allergens

Gluten (1), Fish (4). May contain traces of other allergens.

Nutrition per serving

Energy 715kcal, Fat 31.7g, Carbs 70.0g, Protein 33.7g



1. Prepare ingredients

Read through the recipe. Finely chop the **onion**. Crush or finely chop the **garlic**. Peel and thinly slice the **carrots**. Finely grate the zest of **half the lemon**, then juice the half. Cut the **remaining half** into wedges. Rinse the **rice** well in a sieve.



2. Start pilaf

Heat **1 tbs olive oil** in a medium deep frypan over medium heat. Cook the **onion, garlic** and **carrot**, stirring, for 2-3 mins until the carrot is starting to soften. Add the **rice** and **1 tsp fennel seeds** (the remaining fennel seeds won't be used in this dish) and cook, stirring, for 1 min or until the rice is well coated.



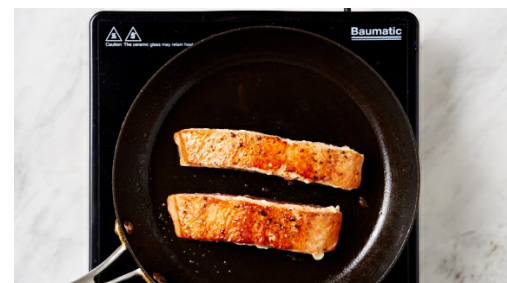
3. Cook pilaf

Crumble in **1 stock cube** (the remaining stock cube won't be used in this dish) and stir in **280ml water**, then bring to the boil. Reduce the heat to low and cook, covered for 12 mins or until the rice is tender and the liquid is absorbed. Remove from the heat.



4. Add spinach

Season the **pilaf** with **salt and pepper** and stir in the **spinach**, then cover and stand for 3 mins or until the spinach is wilted.



5. Cook salmon

Meanwhile, heat **2 tsp olive oil** in a small frypan over medium-high heat. Season the **salmon** with **salt and pepper**. Cook for 3 mins each side until just cooked through, or until cooked to your liking (cooking times may vary depending on the thickness of the fillets).



6. Get ready to serve

Stir the **lemon zest and juice** into the rice. Divide **pilaf** and **salmon** among plates and serve with the **lemon wedges**.