

Moroccan Salmon with Quinoa Citrus Salad

This recipe tastes like summer on a plate. With a sunny citrus quinoa salad, Moroccan-spiced chickpeas and seared quinoa, it's a speedy dinner that's fresh and bright.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

- Large Skillet
- Saucepan
- Large Mixing Bowl

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper

5 MEEZ CONTAINERS

- Tricolor Quinoa
- Salad Greens
- Citrus Vinaigrette
- Salmon
- Moroccan Seasoned Chickpeas

Make The Meal Your Own

Our salmon is responsibly fished, so it's free from dyes, antibiotics and any industrial grain-based diets.

Good To Know

Health snapshot per serving 770 Calories, 24g Fat, 87g Carbs, 55g Protein, 12 Freestyle Points

Lightened-up Health snapshot per serving 640 Calories, 22g Fat, 64g Carbs, 8 Freestyle Points with half the quinoa.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Salmon, Chickpeas, Quinoa, Tomatoes, Spinach, Lime, Red Onions, Radicchio, Orange, Arugula, Maple Syrup, Passion Fruit, Cinnamon, Cumin, Salt, Paprika

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1. Cook the Quinoa

Bring 2 cups water to a boil. Add the **Tricolor Quinoa** and reduce the heat to low. Simmer, uncovered, for about 15 minutes. Transfer to a strainer and run under cold water until the quinoa is chilled. Drain well, then transfer to a large mixing bowl.

Add the **Salad Greens** to the drained quinoa. Mix the **Citrus Vinaigrette** with 1 Tbsp olive oil in a small bowl. Pour $\frac{3}{4}$ of the dressing over the salad and toss well.

2. Cook the Salmon

While the quinoa is cooking, pat dry the **Salmon** with a paper towel and sprinkle each side with salt and pepper. Heat 2 Tbsp of olive oil in a large skillet over high heat. When the oil is hot, add the salmon and cook until the bottom browns, about 4 minutes. Flip, and cook until the other side is brown about 3 additional minutes. Set aside to rest for at least 5 minutes. Wipe out the skillet.

3. Cook the Seasoned Chickpeas

Add 1 Tbsp of olive oil to the now empty skillet over medium-high heat. When the oil is hot, add the **Moroccan Seasoned Chickpeas** and cook until the onions are soft and the chickpeas start to brown, about 5 minutes.

4. Putting it All Together.

Serve the salmon over the quinoa citrus salad and pour the remaining dressing over the salmon. Top with the seasoned chickpeas and enjoy!

*Start with
 $\frac{3}{4}$ of the
dressing
then taste.
Add more
if you like
it sweeter.*

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois