

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

meez *meals*

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. Taste and add more dressing as desired.

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

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 top with the seasoned chickpeas. Enjoy!

Instructions for two servings.

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