

Spanish-Spiced Salmon & Veggie Quinoa

with Almond-Date Topping

2 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**
blueapron.com



Ingredients

 2 Skin-On Salmon Fillets

 6 oz Carrots

 ½ cup Plain Nonfat Greek Yogurt

 2 Tbsps Sliced Roasted Almonds

 ½ cup Red Quinoa

 2 cloves Garlic

 1 oz Sliced Roasted Red Peppers

 ¼ tsp Crushed Red Pepper Flakes

 1 Zucchini

 1 Lemon

 1 oz Dried Medjool Dates

 1 Tbsp Spanish Spice Blend¹



Serve with Blue Apron wine that has this symbol blueapron.com/wine



18 12 7

SmartPoints® value per serving (as packaged)



6 44216 09005 1 track SmartPoints.

Scan this barcode in your WW app to track SmartPoints. Wine is not included in SmartPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

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1. Smoked Paprika, Ground Cumin, Ground Coriander, Dried Mexican Oregano, Cayenne Pepper & Ground Cinnamon

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Hey, Chef! Try these WW pro-tips: Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. **Counting SmartPoints?** Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

1 Cook the quinoa

- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Once boiling, add the **quinoa** and cook, uncovered, 18 to 20 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot.



2 Prepare the ingredients

- Meanwhile, wash and dry the fresh produce.
- Peel the **carrots**; thinly slice on an angle.
- Quarter the **zucchini** lengthwise; cut crosswise into $\frac{1}{2}$ -inch pieces.
- Combine the **sliced carrots and zucchini pieces** in a bowl.
- Peel and roughly chop **2 cloves of garlic**.
- Quarter and deseed the **lemon**.
- Roughly chop the **peppers**.
- Pit and roughly chop the **dates**. Place in a bowl; add the **almonds and the juice of 2 lemon wedges**. Stir to combine. Taste, then season with salt and pepper if desired.



3 Cook the vegetables

- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Reserving the bowl, add the **prepared carrots and zucchini** in an even layer; season with salt and pepper. Cook, without stirring, 3 to 4 minutes, or until lightly browned.



Step 3 continued:

- Add **2 tablespoons of water** (carefully, as the liquid may splatter). Loosely cover the pan with foil and cook, stirring occasionally, 2 to 3 minutes, or until the vegetables are softened.
- Add the **chopped garlic** and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until softened.
- Transfer to the reserved bowl. Taste, then season with salt and pepper if desired. Cover with foil to keep warm.
- Wipe out the pan.

4 Cook the fish

- Pat the **fish** dry with paper towels; season on both sides with salt, pepper, and enough of the **spice blend** to coat (you may have extra).
- In the same pan, heat a drizzle of **olive oil** on **medium** until hot.
- Add the seasoned fish, skin side up. Loosely cover the pan with foil and cook 3 to 5 minutes, or until lightly browned.
- Flip and cook 2 to 4 minutes, or until browned and cooked through.*
- Turn off the heat.



5 Finish & serve your dish

- To the pot of **cooked quinoa**, add the **cooked vegetables, chopped peppers, and the juice of the remaining lemon wedges**; stir to combine. Taste, then season with salt and pepper if desired.
- Season the **yogurt** with salt and pepper.
- Evenly divide the **seasoned yogurt** between two dishes; spread into an even layer. Top with the **finished quinoa, cooked fish, and almond-date mixture**. Enjoy!



*The USDA recommends a minimum safe cooking temperature of 145°F for fish.

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the Blue Apron app, then click on VIEW FULL NUTRITION.

Food safety handling information: blog.blueapron.com/foodsafety

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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