



Cooking Made Easy

hellofresh.com | hello@hellofresh.com



APR 2015 Share your masterpiece! Tag your photos with #HelloFreshPics and share on [f](#) [t](#) [v](#) You'll be entered into our weekly photo contest!

Oven-Roasted Salmon with Avocado, Tangelo & Quinoa Salad



Citrus is the gift that keeps on giving! Its tangy fruit and zest go into this protein-packed salmon dish. Never tried tangelos? They're a delicious mix between a tangerine and a grapefruit! A citrus-scallion vinaigrette adds vibrance to nutty quinoa and zesty arugula. Luscious avocado is just the cherry on top!



35 min



level 1



nut free



lactose free



gluten free



eat me first



Salmon Fillets



Quinoa



Arugula



Avocado



White Wine Vinegar



Stock Concentrate



Tangelo



Scallions

Ingredients	2 People	4 People
Salmon Fillets	1)	4
Quinoa	3 oz	6 oz
Tangelo	1	2
Avocado	1	2
Stock Concentrate	1	2
Scallions	2	4
Arugula	4 oz	8 oz
White Wine Vinegar	2 T	4 T
Olive Oil*	2 ½ T	5 T

*Not Included

Allergens

1) Fish

Tools

Baking Sheet, Small Pot, Zester

Ruler

0 in ¼ in ½ in ¾ in 1 in

Nutrition per person Calories: 826 cal | Carbs: 44 g | Fat: 53 g | Protein: 45 g | Fiber: 10 g



1 Preheat oven to 400 degrees. Bring 1 cup **water** to a boil with the **stock concentrate** in a small pot over medium heat. Meanwhile, zest the **tangelo**, then peel it with your hands. Slice the tangelo widthwise into thin rounds, then into half moons. Remove any seeds if necessary.



2 Add the **quinoa** to the **boiling water**. Cover and reduce to a simmer for about 15 minutes, until tender. Set aside.

3 Meanwhile, rub the **salmon fillets** with ½ tablespoon **olive oil**, **half the tangelo zest**, and season with **salt** and **pepper**. Place on a baking sheet and roast in the oven for 8-10 minutes, until flaky and opaque.



4 Meanwhile, halve, pit, and peel the **avocado**, then thinly slice. Thinly slice the **scallions**, keeping white and green parts separate.

5 Make the vinaigrette: mix the **remaining tangelo zest** with 2 tablespoons **white wine vinegar** and 2 tablespoons **olive oil** and a pinch of **salt** and **pepper** in a large bowl. Toss the **cooked quinoa** with **half the vinaigrette**. Season with **salt** and **pepper**. Set aside.

6 Toss the **arugula**, **tangelo segments**, **scallion whites**, and **avocado** with the **remaining vinaigrette**. Season with **salt** and **pepper**.



7 Serve the **arugula salad** atop a mound of **quinoa**. Top with the **salmon** and sprinkle with **scallion greens**. Enjoy!