



JUL
2016

Pan-Seared Salmon

with Arugula-Mint Pesto, Quinoa Salad, and Char-Broiled Snap Peas

Peppery arugula and refreshing mint sub in for basil in this non-traditional pesto. It's the perfect accompaniment to rich, flaky salmon. You'll be shocked by how delicious sugar snap peas can be after a flash under the broiler—it's a veggie revelation!



Prep: 5 min
Total: 30 min



level 1



gluten free



dairy free



make me first



Salmon



Arugula



Mint



White Quinoa



Whole-Grain Mustard



Sliced Almonds



Garlic



Snap Peas

Ingredients

	2 People	4 People
Salmon	1) 12 oz	24 oz
Arugula	2 oz	4 oz
Mint	¼ oz	½ oz
White Quinoa	½ Cup	1 Cup
Whole-Grain Mustard	2 t	4 t
Sliced Almonds	2) 1 oz	2 oz
Garlic	1 Clove	2 Cloves
Snap Peas	4 oz	8 oz
Olive Oil*	5 t	10 t

*Not Included

Allergens

- 1) Fish
- 2) Tree Nuts

Tools

Small pot, Large bowl, Small bowl, Large pan, Baking sheet

Ruler

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Nutrition per person Calories: 750 cal | Fat: 43g | Sat. Fat: 3g | Protein: 50g | Carbs: 42g | Sugar: 3g | Sodium: 200 mg | Fiber: 7g

2



1 Cook the quinoa: Preheat the broiler to high or the oven to 500 degrees. In a small pot, bring **1 cup water** to a boil with a large pinch of **salt**. Once boiling, add the **quinoa**, cover, and reduce to a simmer for 15-20 minutes, until tender. Fluff with a fork and place in a large bowl to cool.

4



2 Prep remaining ingredients: **Wash and dry all produce.** Meanwhile, finely chop the **mint leaves** and **half the arugula**. Mince or grate **1 clove garlic**. Trim the **snap peas**, if necessary.

5



3 Make the arugula-mint pesto: In a small bowl, combine the **mint**, **chopped arugula**, and a large drizzle of **olive oil**. Stir in a pinch of **garlic** and season to taste with **salt** and **pepper**.

4 Cook the salmon: Heat a drizzle of **olive oil** in a large pan over medium-high heat. Season the **salmon** on all sides with **salt** and **pepper**. Add the **salmon** to the pan and cook for 3-5 minutes per side, until just opaque throughout. Remove and discard the skin, if desired.

6



5 Broil the snap peas: While the salmon cooks, toss the **snap peas** on a baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Place the snap peas under the broiler for 4-5 minutes, until slightly charred.

6 Make the quinoa salad: Toss the cooled **quinoa** with the remaining **arugula**, **almonds**, **2 teaspoons mustard** (or less, to taste), and a drizzle of **olive oil**. Season with **salt** and **pepper**.

7 Finish: Toss the **snap peas** with **half the pesto**. Plate the **salmon** alongside the **snap peas** and **quinoa salad**. Drizzle the remaining **pesto** over the **salmon** and enjoy!

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