



More than Food

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Pan-Seared Salmon

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

Peppery arugula and refreshing mint replace 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 are after a flash under the broiler—it's a veggie revelation!



40 min



level 2



gluten
free



dairy
free



make me
first



Salmon Fillets,
skin-on



Arugula



Sugar Snap
Peas



Garlic



Fresh Mint



White
Quinoa



Whole-Grain
Mustard



Almonds,
sliced

Ingredients		2 People	4 People	*Not Included
Salmon Fillets, skin-on	1)	12 oz	24 oz	1 in
Arugula		2 oz	4 oz	1 in
Sugar Snap Peas		4 oz	8 oz	1 in
Garlic		2 cloves	4 cloves	1 in
Fresh Mint		1/4 oz	1/2 oz	1 in
White Quinoa		1/2 C	1 C	1 in
Whole-Grain Mustard		2 t	4 t	1 in
Almonds, sliced	2)	1 oz	2 oz	1 in
Olive Oil*		2 T + 2 t	4 T + 4 t	1 in

Ruler

Nutrition per person Calories: 686 cal | Carbs: 34 g | Fat: 42 g | Protein: 46 g | Fiber: 6 g | Sodium: 278 mg

2



1 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, reduce to a simmer, and cook for 15 minutes until tender. Drain and rinse under cold water.

2 Finely chop the **mint leaves** and **half the arugula**. Mince or grate the **garlic**.

3



TIP: If you have a food processor, you can use it to make the pesto in step 3. Just pulse all the pesto ingredients together! You don't even have to chop the greens!

3 **Make the arugula-mint pesto:** in a small bowl, combine the **mint**, **chopped arugula**, and enough **olive oil** to create a sauce-like consistency (we used about 2 Tablespoons). Stir in the **garlic** (to taste) then season with **salt** and **pepper**.

6



4 **Make the quinoa salad:** when the **quinoa** is ready, toss it in a medium bowl with the **almonds**, remaining **arugula**, **2 teaspoons mustard**, and a drizzle of **olive oil**. Season with **salt** and **pepper**.

5 Toss the **snap peas** on a baking sheet with a drizzle of **olive oil** and season with **salt** and **pepper**. Set aside.

7



6 **Pan-sear the salmon:** heat a drizzle of **olive oil** in a large pan over high heat. Season the **salmon** on all sides with **salt** and **pepper**. Add the salmon to the pan, skin side down, and cook for 5-6 minutes until the skin is golden brown and crispy. Flip the salmon and cook for 2-4 minutes on the other side until just opaque in the middle.

7 While the **salmon** cooks, place the baking sheet with the **snap peas** on the top rack of the oven under the broiler (if you have one) for 4-5 minutes, until slightly charred.

8 Toss the **snap peas** with **half the pesto** then serve the **remaining pesto** atop the **salmon**. Serve the **quinoa salad** on the side and enjoy!

Allergens

- 1) Fish
- 2) Tree Nuts

Tools

- Small Pot,
- Small Bowl, Medium Bowl,
- Large Pan, Baking Sheet,
- Strainer