

URBAN FARM & KITCHEN

Grilling Meal Plan 2: Salmon Kabobs



Grilled Mediterranean Salmon Kabobs (Skewers and Sauce)



How to Make Saffron Rice (Middle Eastern Recipe)



Grilled Corn Peach Salad (with Feta and Sumac Dressing)



Chermoula (North African Cilantro Parsley Sauce)

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Grocery List

Produce

- Garlic 6 cloves
- Fresh dill 1 tbsp
- Fresh parsley 1.75 tbsp
- Corn 2 Ears
- Peaches 4 count
- Persian cucumbers 3 count
- Jalapeno 1 count
- Fresh basil 2 tbsp
- Fresh Flat Leaf Parsley 0.75 cups
- Fresh Cilantro 0.75 cups
- Lemon Zest 1 count

Spices & Seasonings

- Dried oregano 2 tsp
- Sumac 2 tsp
- Chili flake 0.5 tsp
- Black pepper 1.25 tsp
- Saffron 1 pinch
- Ground Cumin 1 tsp
- Ground Coriander 1 tsp
- Smoked Paprika 0.5 tsp
- Red Pepper Flakes 0.5 tsp

Pantry

- Extra virgin olive oil 8 tbsp
- Lemon juice 5 tbsp
- Kosher salt 2.25 tsp
- Basmati rice 1.5 cups

Dairy & Eggs

- Butter 1 tbsp
- Greek feta 0.5 cups

Meat & Seafood

- Salmon fillet 1.5 lbs

Other

- Cold water 2.5 cups

Shop ingredients on [amazonfresh](#)

Shop ingredients on [instacart](#)