

# Creamy Tuscan-Inspired Salmon Stew

with Savoury Leeks

Keto Special

30 Minutes





Salmon Fillets,



250 g | 500 g





113 g | 227 g







Concentrate ¼ cup | ½ cup



7 g | 14 g





Parmesan Cheese, shredded ¼ cup | ½ cup

Allengens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information. Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

# Prep

- · Before starting, wash and dry all produce.
- Halve tomatoes.
- Peel, then mince or grate garlic.
- Pat **salmon** dry with paper towels.
- Thinly slice leeks.
- Roughly chop parsley.



# Cook veggies

- Heat a large non-stick pan over medium-high heat.
- When hot, add 1 tbsp oil, then tomatoes, leeks and garlic.
- Cook, stirring often, until **leeks** soften, 2-3 min.
- Transfer **veggies** to a medium bowl.



### Cook salmon

- Reheat the same pan over medium-high.
- When hot, add ½ tbsp (1 tbsp) oil, then salmon.
- Pan-fry until golden-brown and cooked through, 3-5 min per side.\*\*
- Carefully transfer **salmon** to a plate. Remove and discard skin.



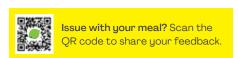
#### Finish stew

- Add cream, broth concentrate and sundried tomato pesto to the pan.
- Cook, stirring often, until **stew** thickens slightly, 2-3 min.
- Stir in **veggies** and **half the parsley**. Add **salmon** and stir gently to flake.
- Season with **salt** and **pepper**, to taste.



#### Finish and serve

- Divide salmon stew between bowls.
- Sprinkle **Parmesan** and **remaining parsley** over top.



Measurements

within steps

oil

**1 tbsp** (2 tbsp)