












Creamy Tuscan-Inspired Salmon Stew

with Savoury Leeks

Keto Special

30 Minutes



-  Salmon Fillets, skin-on
250 g | 500 g
-  Leek
1 | 2
-  Baby Tomatoes
113 g | 227 g
-  Cream
237 ml | 474 ml
-  Sun-Dried Tomato Pesto
¼ cup | ½ cup
-  Vegetable Broth Concentrate
1 | 2
-  Parsley
7 g | 14 g
-  Garlic, cloves
2 | 4
-  Parmesan Cheese, shredded
¼ cup | ½ cup

Allergens 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.

Pantry items | Oil, salt, pepper

Cooking utensils | Medium bowl, measuring spoons, large non-stick pan, paper towels

Measurements
within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

1



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**.

2



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.

3



Cook salmon

- Reheat the same pan over medium-high.
- When hot, add $\frac{1}{2}$ **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.

4



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.

5



Finish and serve

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

** Cook to a minimum internal temperature of 70°C/158°F.



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