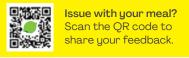


Salmon and Gremolata Butter

with Broccoli Puttanesca

Keto Special

35 Minutes







Salmon Fillets,











Baby Tomatoes

Lemon





Shallot

Parsley





Garlic, cloves

Mixed Olives



Start here

Before starting, wash and dry all produce.

Measurements 1 tbsp (2 tbsp) within steps

4 person Ingredient

oil

Bust out

Medium non-stick pan, measuring spoons, zester, measuring cups, large non-stick pan, paper towels

Ingredients

3. 3.1.3.1.3		
	2 Person	4 Person
Salmon Fillets, skin-on	250 g	500 g
Broccoli, florets	227 g	454 g
Baby Tomatoes	113 g	227 g
Lemon	1	2
Shallot	50 g	100 g
Parsley	7 g	14 g
Garlic, cloves	2	4
Mixed Olives	30 g	60 g
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		

Salt and Pepper*

- * Pantry items
- ** Cook to a minimum internal temperature of 70°C/158°F, as size may vary.

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.



Prep

- Peel, then thinly slice shallot.
- Cut broccoli into bite-sized pieces.
- · Peel, then mince or grate garlic.
- Finely chop parsley.
- Zest, then juice lemon.
- Halve tomatoes.
- Drain olives, reserving olive brine. Halve olives.



Cook broccoli puttanesca

- Heat a large non-stick pan over mediumhigh heat.
- When hot, add broccoli and 2 tbsp (1/4 cup) water. Cook, stirring occasionally, until tender-crisp, 4-5 min.
- Add 1 tbsp (2 tbsp) oil, then shallots, tomatoes, olives including their brine and half the garlic. Cook until softened, 3-4 min.
- Remove from heat. Season with salt and **pepper**, to taste. Cover to keep warm.



- Meanwhile, heat a medium non-stick pan (use a large non-stick pan for 4 ppl) over medium-high heat.
- While the pan heats, pat salmon dry with paper towels. Season with salt and pepper.
- When hot, add 1/2 tbsp (1 tbsp) oil, then **salmon**. Cook until golden-brown on all sides and **salmon** is cooked through, 5-7 min.**



Finish salmon and make gremolata butter

- Remove the pan with salmon from heat. Transfer **salmon** to a plate. Cover to keep warm. Set the pan aside to cool, 2 min.
- Reheat the pan over medium-low. Add 2 tbsp (4 tbsp) butter and remaining garlic. Cook, stirring often, until **butter** melts and garlic is fragrant, 1 min.
- Remove from heat, then add lemon zest, lemon juice and half the parsley. Stir to combine. Season with salt and pepper, to taste. Cover to keep warm.



Divide salmon and broccoli puttanesca

- Drizzle gremolata butter over salmon.
- Sprinkle remaining parsley over top.

Dinner Solved!

between plates.

