



Salmon and Gremolata Butter

with Broccoli Puttanesca

Keto Special 35 Minutes



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Salmon Fillets,
skin-on



Broccoli, florets



Baby Tomatoes



Lemon



Shallot



Parsley



Garlic, cloves



Mixed Olives

HELLO MIXED OLIVES

This mix of kalamata and green olives is a fantastic flavour bomb!

Start here

Before starting, wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** (Ingredient)

Bust out

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

Ingredients

| | 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**.



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.



Cook broccoli puttanesca

- Heat a large non-stick pan over medium-high heat.
- When hot, add **broccoli** and **2 tbsp** (¼ 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.



Finish and serve

- Divide **salmon** and **broccoli puttanesca** between plates.
- Drizzle **gremolata butter** over **salmon**.
- Sprinkle **remaining parsley** over top.

Dinner Solved!



Start salmon

- 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 **½ tbsp** (1 tbsp) **oil**, then **salmon**. Cook until golden-brown on all sides and **salmon** is cooked through, 5-7 min.**



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