



Salmon and Gremolata Butter

with Broccolini Puttanesca

Keto Special 35 Minutes



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Salmon Fillets,
skin-on



Broccolini



Lemon



Parsley



Mixed Olives



Double Salmon



Baby Tomatoes



Shallot



Garlic, cloves

CUSTOM RECIPE

This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!

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
Double Salmon	500 g	1000 g
Broccolini	170 g	340 g
Baby Tomatoes	113 g	227 g
Lemon	1	2
Shallot	1	2
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.



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1



Prep

- Peel, then thinly slice **shallot**.
- Trim ends off **broccolini**, then cut **any larger stalks** in half lengthwise, leaving **thinner stalks** whole.
- Peel, then mince or grate **garlic**.
- Finely chop **parsley**.
- Zest, then juice **lemon**.
- Halve **tomatoes**.
- Drain **olives**, reserving **olive brine**. Halve **olives**.

4



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 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.

2



Cook broccolini puttanesca

- Heat a large non-stick pan over medium-high heat.
- When hot, **broccolini** 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.

5



Finish and serve

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

Dinner Solved!

3



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.**

If you've opted for **double salmon**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **regular portion of salmon**.