



# Salmon and Gremolata Butter

with Broccoli Puttanesca

Keto Special

35 Minutes



Salmon Fillets, skin-on  
250 g | 500 g



Broccoli  
227 g | 454 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

**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** | Unsalted butter, salt, pepper, oil

**Cooking utensils** | Medium non-stick pan, measuring spoons, zester, measuring cups, 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.

- 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**.

2



## Cook broccoli puttanesca

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

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  $\frac{1}{2}$  **tbsp** (1 **tbsp**) **oil**, then **salmon**. Cook until golden-brown on all sides and **salmon** is cooked through, 5-7 min.\*\*

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 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.

5



## Finish and serve

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

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



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