

Salmon and Gremolata Butter

with Broccoli Puttanesca

Keto Special

35 Minutes





Salmon Fillets, skin-on 250 g | 500 g



227 g | 454 g



Baby Tomatoes



113 g | 227 g



Shallot 1 | 2



1 | 2

7 g | 14 g



Garlic, cloves 2 | 4



30 g | 60 g

Allengens 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

- · 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.



Cook broccoli puttanesca

- Heat a large non-stick pan over medium-high heat.
- When hot, add broccoli and ¼ cup (⅓ 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.



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.**



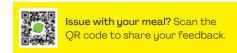
Finish salmon and make gremolata butter

- 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.



Finish and serve

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



Measurements

within steps

1 tbsp

(2 tbsp)

oil

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