

DINNERLY



Low-Carb Salmon & Garlic Sauce with Roasted Green Beans & Tomatoes



30min



2 Servings

Keeping it simple is the key to unlocking your inner chef. And simple is the name of the game when it comes to salmon. All you need is a hot skillet and a sprinkle of seasoning. A drizzle of garlic sour cream sauce and a roasted veggie duo turns this simple supper into a restaurant-worthy dish. Yaaaas chef, you did that. We've got you covered!

WHAT WE SEND

- 2 plum tomatoes
- ½ lb green beans
- 1 oz sour cream ⁷
- ¼ oz smoked paprika
- 10 oz pkg salmon filets ⁴

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- butter ⁷
- garlic

TOOLS

- microplane or grater
- rimmed baking sheet
- medium skillet

ALLERGENS

Fish (4), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 620kcal, Fat 49g, Carbs 14g, Protein 33g



1. Prep veggies

Preheat broiler with a rack in the top position.

Cut **tomatoes** into 1-inch pieces.

Trim ends from **green beans**.



2. Make garlic sauce

Finely grate ½ **teaspoon garlic**. In a small bowl, thin **sour cream** by adding 1 **tablespoon water** at a time until it drizzles from a spoon. Stir in **grated garlic** and a **pinch each of salt and pepper** until combined. Set aside until step 5.



3. Cook veggies & prep fish

On a rimmed baking sheet, toss **green beans** and **tomatoes** with 1 **tablespoon oil** and a **pinch each of salt and pepper**. Broil on top oven rack until beans are tender and tomatoes are charred in spots, tossing halfway through cooking time, 5–7 minutes (watch closely as broilers vary).

Pat **salmon** dry; season all over with **smoked paprika** and a **pinch each of salt and pepper**.



4. SALMON VARIATION

Heat 1 **tablespoon oil** in a medium nonstick skillet over medium-high until shimmering. Add **salmon**, skin-side down; lightly press each filet for 10 seconds. Cook until skin is charred and crisp in spots, about 4 minutes. Flip and cook until just medium, about 1 minute more. Transfer to a cutting board.



5. Make sauce & serve

Reduce heat to low, then add 1 **tablespoon butter** and 2 **tablespoons water**. Cook, stirring and scraping up any browned bits, until butter melts and **pan sauce** comes together.

Serve **salmon** with **tomatoes** and **green beans** alongside. Drizzle **garlic sauce** over **veggies** and **pan sauce** over **salmon**. Enjoy!



6. Add a carb!

We made this a low carb meal on purpose, but feel free to add a side of crusty bread or roasted potatoes to soak up all the savory pan sauce!