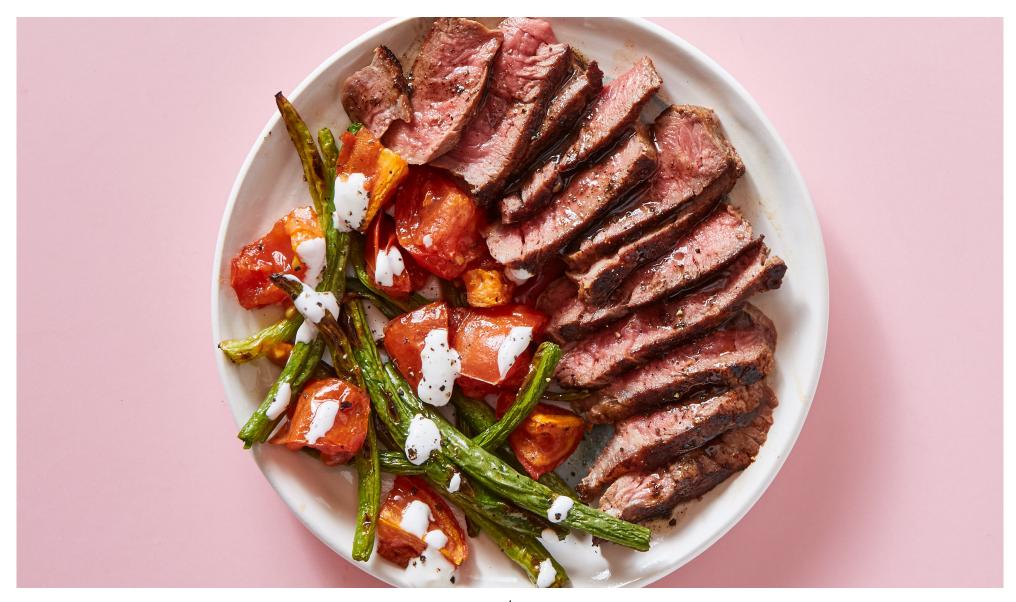
# **DINNERLY**



# Low-Carb Salmon & Garlic Sauce

with Roasted Green Beans & Tomatoes





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 <sup>7</sup>
- ¼ oz smoked paprika
- 10 oz pkg salmon filets 4

#### WHAT YOU NEED

- kosher salt & ground pepper
- · olive oil
- butter <sup>7</sup>
- 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!