



Dill & Garlic Butter Salmon

with Warm Red Cabbage, Almond & Feta Salad



30-40min



2 Servings

Fresh dill is a feathery herb. Its tender green fronds have a light, fresh flavor. Here, we've combined dill with garlic and butter, to make a vibrant pan sauce for juicy salmon filets. We serve the salmon with a warm red cabbage salad, studded with glazed almonds and crumbled feta cheese.

What we send

- 1 oz sliced almonds ¹⁵
- garlic
- ¼ oz fresh dill
- 2 scallions
- 1 lb red cabbage
- 10 oz pkg salmon filets ⁴
- 1 pkt vegetable broth concentrate
- 2 oz feta ⁷

What you need

- olive oil
- sugar
- kosher salt & ground pepper
- red wine vinegar (or apple cider vinegar) ¹⁷
- all-purpose flour (or gluten-free alternative)
- butter ⁷

Tools

- large skillet

Allergens

Fish (4), Milk (7), Tree Nuts (15), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 880kcal, Fat 74g, Carbs 20g, Protein 37g



1. Glaze almonds

Heat **2 teaspoons oil** in a large skillet over medium-high. Add **almonds** and **2 teaspoons sugar**; cook, stirring, until almonds are toasted and lightly caramelized, about 2 minutes (watch closely). Transfer almonds to a plate and sprinkle with **salt**. (Almonds will become more crisp as they cool.) Wipe out skillet and reserve for step 3.



2. Prep ingredients

Finely chop **1 teaspoon garlic**. Coarsely chop **half of the dill**. Trim **scallions**, then thinly slice. Halve **cabbage**; remove and discard core from one half. Thinly slice cored half (saved rest for own use). In a medium bowl, combine **2 tablespoons oil**, **2 teaspoons vinegar**, and ¼ teaspoon of the chopped garlic. Season with **salt** and **pepper**.



3. Wilt cabbage

Heat **1 tablespoon oil** in reserved skillet over high. Add **sliced cabbage** and season with **salt** and **pepper**. Cook, stirring occasionally, until cabbage is slightly wilted and browned in spots, about 2 minutes. Transfer warm cabbage to bowl with **vinaigrette**, stirring to combine. Wipe out skillet.



4. Cook salmon

Pat **salmon** dry and season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in same skillet over medium-high until shimmering. Add salmon, skin-side down; lightly press each filet for 10 seconds. Lower heat to medium; cook until skin is browned and crisp, 4-5 minutes. Flip and cook until just medium, about 1 minute more. Transfer to a plate.



5. Make pan sauce

Heat **1 tablespoon oil** in same skillet over medium. Add **remaining chopped garlic** and **1 teaspoon flour**; cook, stirring, until fragrant, about 30 seconds. Stir in **broth concentrate** and **½ cup water**. Bring to a boil, then remove from heat. Stir in **1 tablespoon butter** and **half of the dill**. Thin sauce with **1-2 teaspoons water**, if desired.



6. Finish salad & serve

Crumble **feta** and **glazed almonds** into the bowl with **cabbage**, then stir in **scallions**. Season to taste with **salt** and **pepper**. Spoon **pan sauce** over **salmon** and garnish with **remaining dill**. Serve **salad** alongside. Enjoy!