

DINNERLY



Keto-Friendly Smoky Paprika Salmon with Broccoli & Ranch Cream Sauce



20-30min



2 Servings

Who said you have to go all the way to a restaurant for a delicious, well-seasoned dinner? Doing it at home is easy peasy, lemon squeezy (like, ready in half an hour easy). With a side of charred broccoli and a tangy ranch sauce, you've got yourself a keto-friendly weeknight staple. We've got you covered!

WHAT WE SEND

- ½ lb broccoli
- 10 oz pkg salmon filets ⁴
- 1½ oz ranch dressing ^{3,7}
- ¼ oz smoked paprika

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil

TOOLS

- rimmed baking sheet
- medium nonstick skillet

ALLERGENS

Egg (3), Fish (4), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

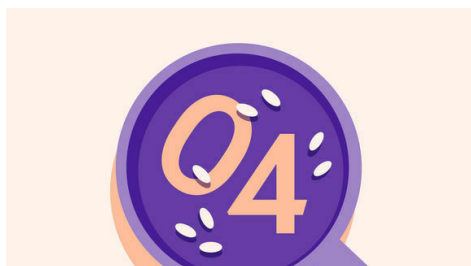
Calories 570kcal, Fat 45g, Carbs 11g, Protein 33g



1. Broil broccoli

Preheat broiler with a rack in the top position.

Cut **broccoli** into 1-inch florets, if necessary. Toss with **2 tablespoons oil** on a rimmed baking sheet. Season with **a pinch each of salt and pepper**. Broil on upper oven rack until charred and tender, flipping halfway through cooking time, 7–9 minutes (watch carefully as broilers vary).



4. Finish & serve

Serve **smoky paprika salmon** with **broccoli** alongside and **ranch** drizzled over top. Enjoy!



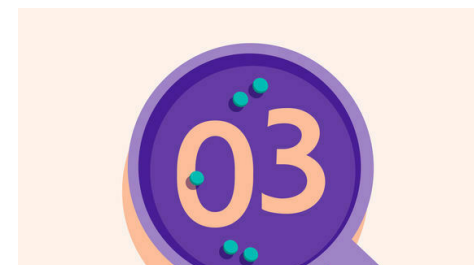
2. Prep salmon

While **broccoli** cooks, pat **salmon** dry and season each filet all over with ½ **teaspoon smoked paprika** (or more depending on heat preference).



5. ...

What were you expecting, more steps?



3. Sear salmon

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.



6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!