

MARLEY SPOON



Low Carb: Salmon Kare Kare

with Roasted Bok Choy & Green Beans

 30-40min  2 Servings

What we send

- 10 oz pkg salmon filets ⁴
- ½ lb green beans
- ½ lb baby bok choy
- 1.15 oz peanut butter ⁵
- ¾ oz coconut milk powder ^{7,15}
- 1 lime
- 1 oz salted peanuts ⁵
- garlic
- ½ oz fish sauce ⁴
- ¼ oz paprika

What you need

- kosher salt & ground pepper
- neutral oil
- sugar
- all-purpose flour ¹

Tools

- medium skillet
- rimmed baking sheet

Allergens

Wheat (1), Fish (4), Peanuts (5), Milk (7), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 0kcal



1. Prep ingredients

Preheat oven to broil with a rack 2-inches away from heating element (or as close as possible). Trim ends from bok choy, then quarter lengthwise (halve quarters lengthwise if large). Rinse well under cold water to remove any grit. Trim stem ends from green beans. Finely chop 1 large garlic clove. Coarsely chop peanuts. Cut lime into wedges for serving.



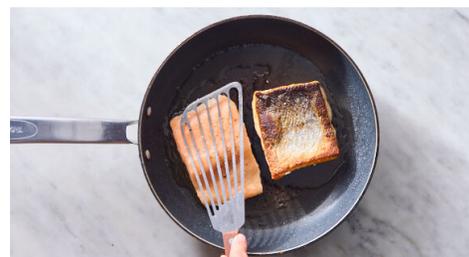
4. Finish peanut sauce

Add ½ cup water, peanut butter, coconut milk powder, 1½ teaspoons fish sauce, and 1 teaspoon sugar to skillet. Whisk until peanut butter and coconut milk powder are dissolved; simmer until thickened and smooth, 1-2 minutes. Transfer sauce to a small bowl; wash and reserve skillet.



2. Broil vegetables

On a rimmed baking sheet, toss bok choy and green beans with 1 tablespoon oil; season with salt and pepper. Broil on top rack until vegetables are deeply browned in spots and tender, stirring halfway through, 8-10 minutes.



5. Begin cooking salmon

Pat salmon dry; season all over with salt and pepper. In reserved skillet, heat 1 tablespoon oil over medium-high until shimmering. Reduce heat to medium; add fish, skin-side down. Firmly press each filet with back of a spatula, 10 seconds.



3. Begin peanut sauce

Meanwhile, in a medium skillet, combine 1 tablespoon oil and ½ tablespoon flour. Cook over medium heat, stirring frequently, until flour is golden brown with a color similar to peanut butter, 4-5 minutes. Add garlic and ½ teaspoon paprika; cook until aromatic, about 30 seconds.



6. Finish cooking salmon

Cook salmon, occasionally pressing gently on filets, until skin is well browned and very crisp and fish is almost cooked through, 4-5 minutes. Flip and cook until just medium, about 1 minute more.

Serve salmon and vegetables drizzled with peanut sauce and topped with chopped peanuts. Serve with lime wedges on the side. Enjoy!