

# DINNERLY

## Low Carb: Teriyaki Salmon with Sesame Kale Salad



20-30min



2 Servings

### WHAT WE SEND

- 8 oz pkg salmon filets <sup>4</sup>
- 2 oz teriyaki sauce <sup>1,6</sup>
- 2 oz sesame dressing <sup>1,6,11</sup>
- 1 bunch curly kale
- ¼ oz pkt toasted sesame seeds <sup>11</sup>
- 1 carrot

### WHAT YOU NEED

- kosher salt & ground pepper
- olive oil

### TOOLS

- rimmed baking sheet
- aluminium foil
- nonstick cooking spray

### ALLERGENS

Wheat (1), Fish (4), Soy (6), Sesame (11).  
May contain traces of other allergens.  
Packaged in a facility that packages gluten containing products.

### NUTRITION PER SERVING

Calories 0kcal



#### 1. Prep kale

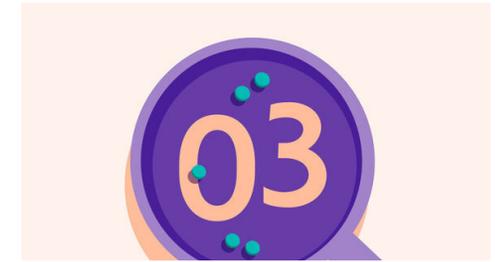
Strip kale leaves from tough stems, discard stems. Tear or chop leaves into bite-sized pieces. In a large bowl, massage kale with 1 tablespoon oil until evenly coated and wilted. Set aside for 10 minutes.

Scrub carrot (peel if desired); cut into thin matchsticks. Alternatively, grate on the large holes of a box grater.



#### 2. Prep baking sheet

Preheat oven to broil with a rack 4-inches away from heating element. Line a rimmed baking sheet with aluminum foil; grease with nonstick spray.



#### 3. Prep salmon

Pat salmon dry; season lightly with salt and pepper. Arrange salmon skin side down on prepared baking sheet. Set aside half the teriyaki sauce for finishing; brush salmon with remaining sauce.



#### 4. Broil salmon

Broil salmon on top rack until browned on top and just medium, 5–8 minutes (watch closely and rotate tray occasionally as broilers vary). Brush with remaining teriyaki sauce; sprinkle with half the sesame seeds.



#### 5. Finish & serve

Toss kale with carrots, sesame dressing, and remaining sesame seeds. Season to taste with salt and pepper. Serve with salmon. Enjoy!



#### 6.