

DINNERLY



Low-Carb Crispy Salmon with Summer Succotash



40-50min



2 Servings

We hope after one bite that you'll remember succotash as the delightful veggie medley it is, and not the famous phrase of a lisping cartoon cat. We've got you covered!

WHAT WE SEND

- 1 yellow onion
- 1 zucchini
- 1 plum tomato
- ¼ oz fresh parsley
- 1 lemon
- 2½ oz corn
- 2½ oz edamame ⁶
- 8 oz pkg salmon filets ⁴

WHAT YOU NEED

- garlic
- olive oil
- kosher salt & ground pepper

TOOLS

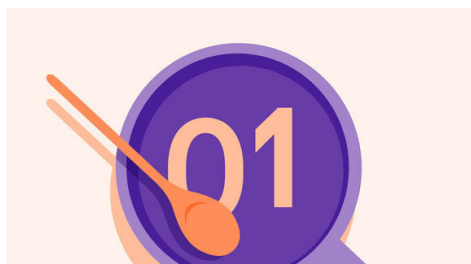
- microplane or grater
- large skillet
- medium nonstick skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 610kcal, Fat 45g, Carbs 22g, Protein 31g

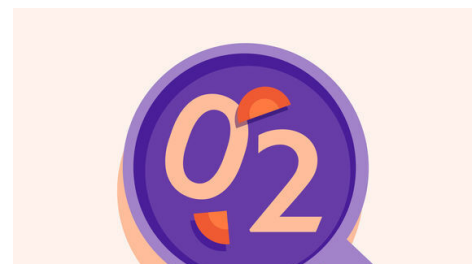


1. Prep ingredients

Finely chop **half of the onion** (save rest for own use). Finely chop **1 large garlic clove**. Cut **zucchini** into ¼-inch pieces.

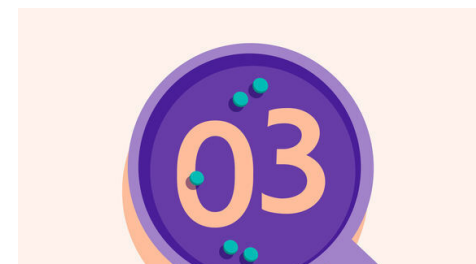
Cut **tomato** into ¼-inch pieces. Finely chop **parsley leaves**; discard stems.

Finely grate **zest of half the lemon** then cut lemon into wedges.



2. Begin succotash

In a large skillet, heat **2 tablespoons oil** over medium heat. Add **onions** and **garlic**; cook, stirring occasionally, until softened and just starting to brown, 3–4 minutes. Add **zucchini, corn**, and **edamame**. Cook, stirring occasionally, until veggies are softened, 8–10 minutes.



3. Finish succotash

Add **tomatoes** to skillet; cook until tomatoes have slightly broken down and begun to release liquid, 3–4 minutes. Off heat, stir in **parsley, lemon zest, 1 tablespoon oil**, and **1–2 teaspoons lemon juice** to taste; season to taste with **salt and pepper**. Cover and keep warm until ready to serve.

Pat **fish** dry; season all over with **salt and pepper**.



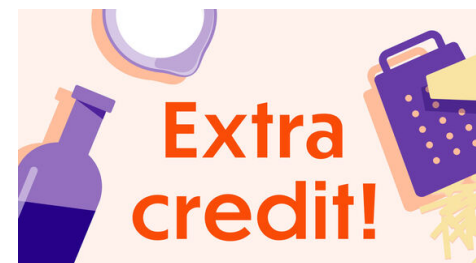
4. Cook fish

Heat **1 tablespoon oil** in a medium nonstick skillet 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. Cook fish, 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.



5. Serve

Serve **salmon** with **succotash** and **lemon wedges**. Enjoy!



6. Rate your plate!

When you rate your meals we can give you more of the flavors you love. Tell us what you thought of this recipe on the app or website.