

DINNERLY



Low-Carb Roasted Salmon & Apricot Pan Sauce

with Spiced Carrots



20-30min



2 Servings

Hangry is a real emotion and we feel it deep in our souls sometimes. Then we taste this sauced up roasted salmon with tender spiced carrots and the world feels peaceful again. Each bite brings a touch of tang from the apricot pan sauce and warmth from one of our favorite spice blends, garam masala. Tonight, the only emotion we're feelin' is delight. We've got you covered!

WHAT WE SEND

- 8 oz pkg salmon filets ¹
- 1 large bag carrots
- ¼ oz garam masala
- ¼ oz fresh cilantro
- ½ oz apricot preserves
- 1 pkt chicken broth concentrate

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- white wine vinegar (or apple cider vinegar)
- butter ²

TOOLS

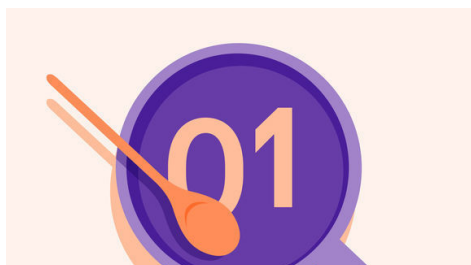
- medium nonstick skillet
- rimmed baking sheet

ALLERGENS

Fish (1), Milk (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

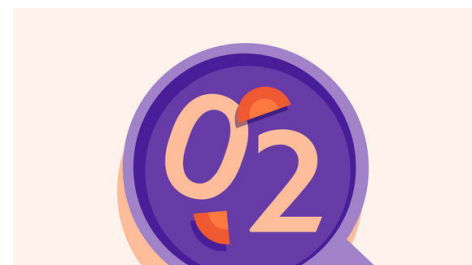
Calories 590kcal, Fat 42g, Carbs 30g, Protein 27g



1. SALMON VARIATION

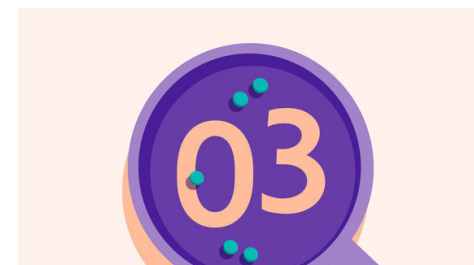
Preheat oven to 450°F with a rack in the center.

Pat **salmon** dry; season all over with **salt** and **pepper**. Heat ½ **tablespoon** oil in a medium nonstick 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 beginning to crisp, about 2 minutes. Remove from heat and set aside until step 3.



2. Roast carrots

Trim ends from **carrots**, then quarter lengthwise. On a rimmed baking sheet, toss **carrots** with 1 **teaspoon** **garam masala**, 1½ **tablespoons** **oil**, and a **pinch** each of **salt** and **pepper**. Roast on center oven rack until tender and lightly browned, tossing halfway through, about 15 minutes.



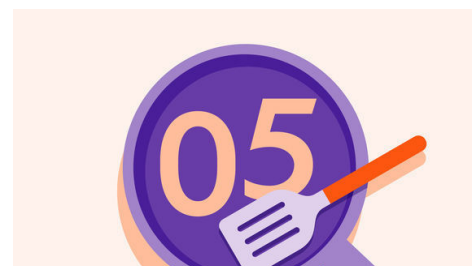
3. Roast salmon

Once **carrots** have roasted for 15 minutes, transfer seared **salmon**, skin-side up, from skillet to baking sheet with carrots. Roast on center oven rack until salmon is just medium, 5 minutes. Reserve skillet.



4. Cook apricot pan sauce

While **salmon** and **carrots** finish cooking, coarsely chop **cilantro** leaves and stems. In same skillet, stir to combine **apricot preserves**, **broth concentrate**, 1½ **teaspoons** **vinegar**, and ½ **cup** **water**; bring to a rapid simmer over medium-high, scraping up any browned bits from the bottom of skillet, and cook until sauce is reduced to about ¼ cup, about 3 minutes.



5. Finish & serve

To skillet with **apricot sauce**, add 2 **tablespoons** **butter**; swirl until butter is melted. Stir in **half of the cilantro**; season to taste with **salt** and **pepper**.

Serve **roasted salmon** with **spiced carrots** alongside. Spoon **apricot pan sauce** over top and garnish with **remaining cilantro**. Enjoy!



6. Carbo load!

Soak up all that sauce with a quick rice pilaf! Serve the salmon over top, then drizzle with sauce, and dig in for a major home run.