

DINNERLY



Low Carb Greek Grilled Salmon Salad with Feta & Olives



30min



2 Servings

We can thank Ancient Greece for a whole lotta good stuff that we enjoy today—the Olympics, Democracy, mathematics, the alarm clock (ok, maybe that one isn't so great). But, one of our favorite Greek inventions is the Greek salad. This one has many of the usual suspects, but we threw a curveball in there by grilling not just the salmon, but also the tomatoes. We've got you covered!

WHAT WE SEND

- 2 plum tomatoes
- 1 romaine heart
- 1 oz Kalamata olives
- 8 oz pkg salmon filets ¹
- 1 lemon
- ¼ oz gyro spice
- 2 oz feta ²

WHAT YOU NEED

- garlic
- kosher salt & ground pepper
- olive oil

TOOLS

- grill or grill pan

ALLERGENS

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

NUTRITION PER SERVING

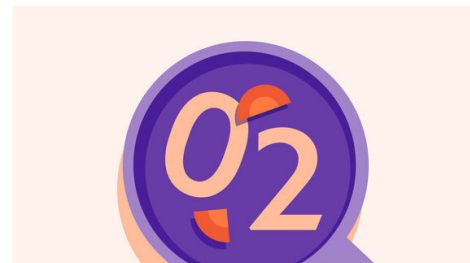
Calories 510kcal, Fat 38g, Carbs 13g, Protein 31g



1. Prep ingredients

Preheat grill or grill pan over high heat.

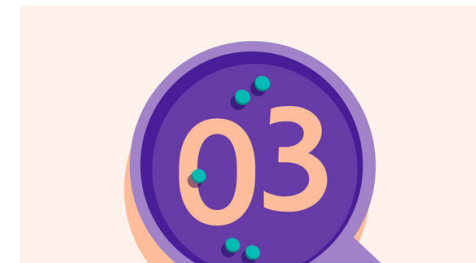
Slice **tomato** into ¼-inch rounds. Finely chop ½ **teaspoon garlic**. Halve **lettuce** lengthwise, then thinly slice crosswise, discarding end. Coarsely chop **olives**, removing pits if necessary.



2. Prep salmon & tomatoes

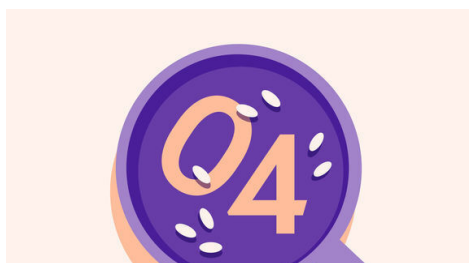
Pat **salmon** dry. Rub with **oil**, then season all over with **salt** and **pepper**.

Drizzle **tomatoes** with **oil**, then season all over with **salt** and **pepper**.



3. SALMON VARIATION

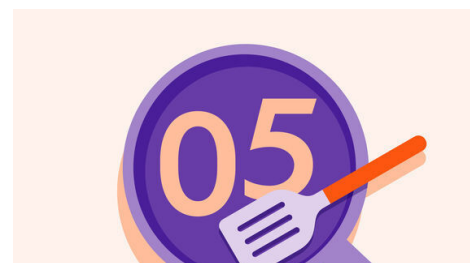
Reduce grill or grill pan to medium-high heat, then add **salmon** and **tomatoes**, in batches if necessary. Cook tomatoes until lightly charred and just softened, 1–2 minutes per side. Cook salmon until browned and just medium, 3–4 minutes per side (or longer if desired). Transfer salmon and tomatoes to a plate.



4. Prep dressing & add fish

In a large bowl, whisk together **chopped garlic**, **1 tablespoon lemon juice**, **1 teaspoon gyro spice**, and **2 tablespoons oil**; season to taste with **salt** and **pepper**.

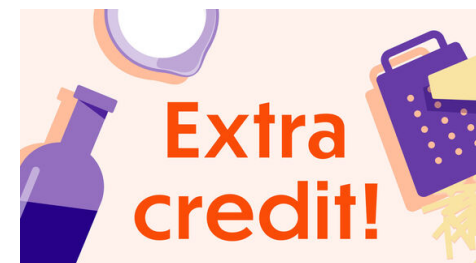
Add **grilled salmon**, turning gently to coat. Transfer back to plate with tomatoes; reserve **remaining dressing** in bowl.



5. Finish salad & serve

Add **lettuce** to bowl with **dressing** and toss to coat.

Serve **salad** topped with **salmon**, **tomatoes**, **olives**, and **feta**. Squeeze **remaining lemon** over top, if desired. Enjoy!



6. No grill, no problem!

Use a skillet! Heat 2 tablespoons oil in a large nonstick skillet over medium-high heat. Add salmon and tomatoes, in batches if necessary. Cook tomatoes until lightly charred, 1–2 minutes per side. Lightly press each salmon filet for 10 seconds. Lower heat to medium; cook until skin is browned and crisp, 4–5 minutes. Flip and cook until just medium, about 1 minute more. Transfer to a plate.