

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 ²
- 8 oz pkg salmon filets ¹

WHAT YOU NEED

- garlic
- olive oil
- kosher salt & ground pepper

TOOLS

- microplane or grater
- large skillet
- medium nonstick skillet

ALLERGENS

Fish (1), Soy (2). 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!

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