



Lemon-Brown Butter Salmon

with Capers & Cauliflower Rice



20-30min



2 Servings

Pan sauce is the perfect way to up the wow factor of a dish. Here, we add a squeeze of lemon juice and briny capers to brown butter—it cuts the richness and makes it the perfect sauce to coat salmon fillets. The salmon is served alongside cauliflower rice and roasted Brussels sprouts, two super tasty low-carb (and keto-friendly!) sides.

What we send

- 1½ lbs cauliflower (use half)
- 4 oz Brussels sprouts
- garlic
- 1 lemon
- 10 oz salmon ⁴
- ¼ oz berbere spice blend
- 1 oz capers ¹²

What you need

- kosher salt & ground pepper
- olive oil
- 4 Tbsp butter ⁷

Tools

- box grater or microplane
- medium nonstick, ovenproof skillet
- medium skillet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Fish (4), Milk (7), Sulphur dioxide and sulphites (12). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 820kcal, Fat 65g, Carbs 27g, Proteins 38g



1. Prep cauliflower rice

Preheat oven to 450°F with a rack in the upper third. Halve **cauliflower**. Holding the stem end, grate one half of the cauliflower on the slicing part of a box grater, creating small bits that resemble rice (about 4 cups). (Alternatively, cut cauliflower into florets and pulse in food processor until riced.)



4. Roast veggies & salmon

Flip **salmon**, then transfer skillet to upper oven rack. Roast salmon and **Brussels sprouts** until Brussels sprouts are tender and well browned, and salmon is cooked to medium, 5-7 minutes (or longer for desired doneness).



2. Prep ingredients

Remove any outer leaves from **Brussels sprouts**, then halve (or quarter, if large). Thinly slice **2 large garlic cloves**. Finely grate **lemon zest** and squeeze **1 tablespoon lemon juice** into a small bowl. Cut any remaining lemon into wedges. Pat **salmon** dry and season flesh sides with **salt, pepper**, and **2 teaspoons berbere spice blend**.



5. Cook cauliflower rice

Meanwhile, heat **1 tablespoon oil** in a medium skillet over high heat. Add **cauliflower rice** and cook, stirring, until crisp-tender, about 5 minutes. Season to taste with **salt and pepper**. Transfer to a bowl and cover to keep warm. Wipe out skillet.



3. Sear veggies & salmon

Heat **1 tablespoon oil** in a medium nonstick, ovenproof skillet over medium-high. Add **Brussels sprouts** and a **pinch each of salt and pepper**. Cook, stirring, until Brussels sprouts are lightly browned, 3 minutes. Push Brussels sprouts to one side of the skillet. Add **1 tablespoon oil** and **salmon**, skin side up, to other side. Cook salmon until golden brown on one side, 3 minutes.



6. Make sauce & serve

Melt **4 tablespoons butter** in same skillet. Add **sliced garlic** and **capers**; cook, stirring, until butter is lightly browned, about 1 minute. Off the heat, stir in **lemon zest and juice** and **1 tablespoon water**. Season to taste with **salt and pepper**. Serve **salmon** and **Brussels sprouts** over **cauliflower rice** with **lemon brown butter** spooned over top. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

View the recipe online by visiting your account at marleyspoon.com    **#marthaandmarleyspoon**