



**KETO FRIENDLY**

## Grilled Salmon & Mixed Veggies

with Red Pepper Romesco Sauce

 20-30min  2 Servings

Don't have a grill or grill pan? That's okay, this recipe is just as tasty under the broiler. Preheat the broiler with the top rack 6 inches from the heat source. Place broccoli, summer squash, and onions on a rimmed baking sheet and broil until lightly charred and tender, 3-5 minutes.

## What we send

- red onion
- broccoli
- yellow squash
- fresh parsley
- garlic clove

## What you need

- kosher salt & ground pepper
- olive oil
- red wine vinegar

## Tools

### Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

### Nutrition per serving

Calories 880kcal, Fat 61g, Carbs 20g, Proteins 36g



### 1. Prep vegetables

Preheat a grill or grill pan to high. Trim ends from **broccoli** stems, then cut into 2-inch spears. Trim stem end from **squash**, then halve lengthwise, and cut into 1-inch wedges. Peel **onion**, then cut crosswise into ½-inch thick rings, keeping rings intact.



### 2. Grill broccoli & squash

In a medium bowl, toss **broccoli** and **squash** with **3 tablespoons oil** and season with **salt** and **pepper**. Massage broccoli florets to make sure broccoli is well coated. Add broccoli and squash to grill, reduce heat to medium, and cook, covered, until slightly charred and crisp-tender, about 3 minutes per side. Transfer to a cutting board and cover to keep warm.



### 3. Grill onions

Gently toss **onions** (trying to keep rings intact) with **1 tablespoon oil** and sprinkle with **salt** and **pepper**. Grill, covered, until lightly charred and tender, 4-5 minutes per side. Transfer to the cutting board with **squash** and **broccoli** and cover to keep warm.



### 4. Grill salmon

Pat **salmon** very dry. Rub all over with **1 tablespoon oil** and season generously all over with **salt** and **pepper**. Brush grill grates with **oil**, then add salmon, skin-side up. Grill over medium heat, covered, until lightly charred and medium-rare, about 3 minutes per side (or longer for desired doneness).



### 5. Make parsley oil

While **vegetables** and **salmon** cook, very finely chop **parsley leaves and tender stems** together. Peel and finely chop **½ teaspoon garlic**. In a small bowl, stir together, parsley, garlic, **½ teaspoon vinegar**, and **3 tablespoons oil**. Season to taste with **salt** and **pepper**.



### 6. Serve

Serve **salmon** with **grilled vegetables** and **red pepper pesto** on the side. Drizzle **parsley oil** on top of the **salmon** and **vegetables**. Enjoy!

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

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