



## Butter-Basted Salmon

with Roasted Harissa-Spiced Veggies



30-40min



2 Servings

A simple technique that will make you a hero in the kitchen—butter-basting. A total game-changer. The salmon is seared in a hot skillet, and just before its finished, crushed garlic and a dollop of butter are added to the pan and spooned over the fish, infusing it with garlic-butter goodness. Placed alongside harissa-spiced veggies, this dish can't go wrong.



## What we send

- ½ lb Brussels sprouts
- 1 red onion
- 2 carrots
- ¼ oz harissa spice blend
- garlic
- ½ oz tamari soy sauce <sup>6</sup>
- 10 oz pkg salmon filets <sup>4</sup>

## What you need

- olive oil
- kosher salt & ground pepper
- white wine vinegar (or apple cider vinegar) <sup>17</sup>
- butter <sup>7</sup>

## Tools

- rimmed baking sheet
- medium nonstick skillet

### Allergens

Fish (4), Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### Nutrition per serving

Calories 700kcal, Fat 48g, Carbs 33g, Protein 37g



### 1. Prep ingredients

Preheat oven to 450°F with a rack in the center. Place a rimmed baking sheet on the center oven rack to preheat. Halve **Brussels sprouts**; remove any outer leaves, if necessary. Halve **onion** and thinly slice through the root end. Scrub **carrots**, then cut on an angle into ½-inch thick slices.



### 2. Roast veggies

In a large bowl, toss **Brussels sprouts**, **sliced onions**, and **carrots** with **harissa spice blend** and **2 tablespoons oil**; season with **salt**. Carefully, transfer to preheated baking sheet and spread into a single layer. Roast on center oven rack until tender and browned in spots, 15-20 minutes.



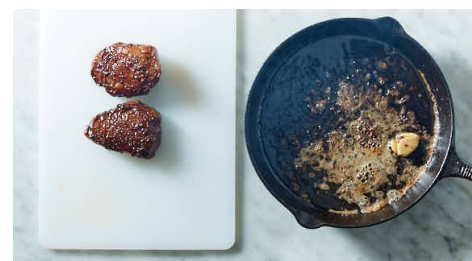
### 3. Prep garlic & pan sauce

Meanwhile, smash **1 large garlic clove**. In a liquid measuring cup, stir to combine **tamari**, **¼ cup water**, and **2 tablespoons vinegar**.



### 4. Sear salmon

Pat **salmon** dry and season all over with **salt** and **pepper**. Heat **1 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 browned and crisp, about 4 minutes.



### 5. Baste salmon

Flip **salmon**; add **smashed garlic clove**, **1 tablespoon butter**, and **½ tablespoon oil** to skillet. Cook, stirring, until melted. Tilt skillet toward you so butter pools at the edge. Use a large spoon to continuously baste salmon with butter and oil until fish is just medium and skin is golden, about 1 minute more. Transfer to a plate to rest.



### 6. Finish pan sauce & serve

Add **tamari-vinegar mixture** to skillet and simmer until reduced to ¼ cup, 3-5 minutes. Discard **garlic**, stir in **any resting salmon juices**, and season **sauce** to taste with **salt** and **pepper**. Serve **salmon** with **roasted vegetables** alongside and **pan sauce** drizzled over top. Enjoy!