



Lemon-Brown Butter Salmon

with Capers & Quinoa



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 quinoa and roasted Brussels sprouts, two super tasty low-carb sides.

What we send

- 3 oz white quinoa
- ½ lb Brussels sprouts
- garlic
- 1 lemon
- 10 oz pkg salmon filets ²
- ¼ oz berbere spice blend
- 1 oz capers

What you need

- kosher salt & ground pepper
- olive oil
- 4 Tbsp butter ¹

Tools

- small saucepan
- grater or microplane
- large nonstick, ovenproof skillet
- medium skillet

Allergens

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

Nutrition per serving

Calories 900kcal, Fat 67g, Carbs 39g, Protein 39g

THIS IS A CUSTOMIZED RECIPE STEP

We've tailored the instructions below
to match your recipe choices.
Happy cooking!

1. Cook quinoa

Preheat oven to 450°F with a rack in the upper third. In a small saucepan, combine **quinoa**, **¾ cup water**, and **½ teaspoon salt**. Bring to a boil. Cover, reduce heat to medium-low, and cook until tender and water is absorbed, 15-20 minutes. Keep covered off heat until ready to serve.



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 **all of the lemon zest** and squeeze **1 tablespoon lemon juice** into a small bowl. Cut any remaining lemon into wedges. Pat **salmon** dry and season flesh side with **salt, pepper**, and **2 teaspoons berbere spice blend**.



5. Make sauce

Melt **4 tablespoons butter** in a medium skillet over medium-high. Add **sliced garlic** and **capers**; cook, stirring, until **butter** is lightly browned, about 1 minute. Off heat, stir in **lemon zest and juice**, and **1 tablespoon water**. Season to taste with **salt and pepper**.



3. Sear veggies & salmon

Heat **1 tablespoon oil** in a large 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 skillet. Add **1 tablespoon oil** and **salmon**, skin side up, to other side. Cook salmon until golden-brown on one side, 3 minutes.



6. Serve

Serve **salmon** and **Brussels sprouts** over **quinoa** with **lemon brown butter** spooned over top. Enjoy!