

DINNERLY



Low-Cal Salmon with Dijon Pan Sauce & Roasted Broccoli



30min



2 Servings

Want to live in the lap of luxury (at least for one meal)? You only need a few things to get you there. Tender salmon filets and roasted broccoli serve as your hearty base, but the real star of this show is the Dijon mustard pan sauce. Oooh, you fancy. We've got you covered!

WHAT WE SEND

- ½ lb broccoli
- 10 oz pkg salmon filets ⁴
- ¼ oz granulated garlic
- ¼ oz Dijon mustard

WHAT YOU NEED

- red wine vinegar (or white wine vinegar)
- sugar
- kosher salt & ground pepper
- neutral oil
- butter ⁷

TOOLS

- rimmed baking sheet
- medium nonstick skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 520kcal, Fat 39g, Carbs 12g, Protein 33g



1. Prep veggies & sauce

Preheat oven to 450°F with a rack in the upper third.

Cut **broccoli** into 1-inch florets, if necessary.

In a small bowl, stir to combine **Dijon mustard**, ½ **teaspoon granulated garlic**, ¼ **cup water**, 1 **tablespoon vinegar**, ½ **teaspoon sugar**, and a **pinch of salt**; reserve for step 4.

Pat **salmon** dry, then season all over with **salt and pepper**.



2. Roast broccoli

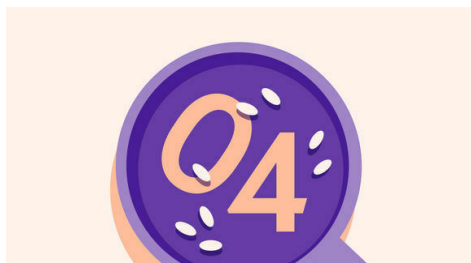
On a rimmed baking sheet, toss **broccoli** with 1 **tablespoon oil** and a **pinch each of salt and pepper**. Roast on upper oven rack until golden-brown and tender, about 12 minutes.



3. SALMON VARIATION

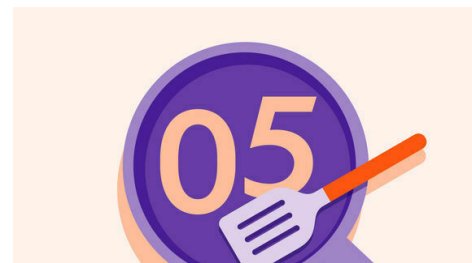
Heat 1 **tablespoon oil** in a medium nonstick skillet over medium-high until shimmering. Add **salmon**, skin-side down; lightly press each filet for 10 seconds. Lower heat to medium; cook until skin is browned and crisp, about 4 minutes. Flip and cook until just medium, about 1 minute more.

Transfer salmon to a plate. Immediately add **reserved mustard sauce** to skillet.



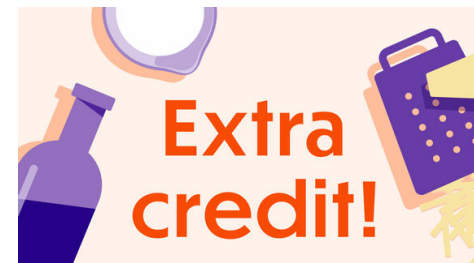
4. Prepare pan sauce

Bring **sauce** to a simmer over medium-high heat. Cook, scraping up any browned bits from skillet, until slightly thickened, 1–2 minutes. Remove from heat; swirl in 1 **tablespoon butter** until melted. Season to taste with **salt and pepper**.



5. Finish & serve

Serve **salmon** and **roasted broccoli** with **Dijon pan sauce** spooned over top. Enjoy!



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