

DINNERLY



Low Carb: Crispy Salmon with Summer Succotash



40-50min



2 Servings

WHAT WE SEND

- 8 oz pkg salmon filets ⁴
- 2½ oz corn
- 2½ oz edamame ⁶
- 1 yellow onion
- 1 zucchini
- 1 lemon
- ¼ oz fresh parsley
- 1 plum tomato

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- garlic

TOOLS

- medium skillet
- large skillet

ALLERGENS

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

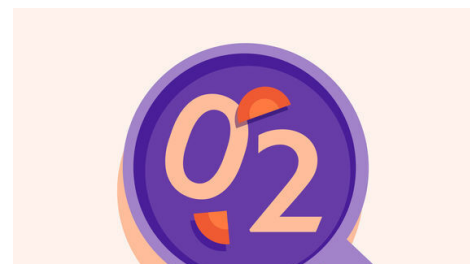
NUTRITION PER SERVING

Calories 0kcal



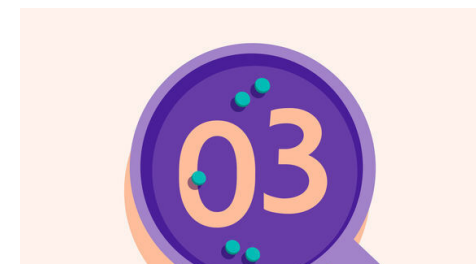
1. Prep ingredients

Finely chop half the onion (save remaining for personal use). Finely chop 1 large garlic clove. Cut zucchini into ¼-inch pieces. Cut tomato into ¼-inch pieces. Pick parsley leaves from stems and finely chop; discard stems. Finely grate the zest of half the lemon; cut lemon into wedges.



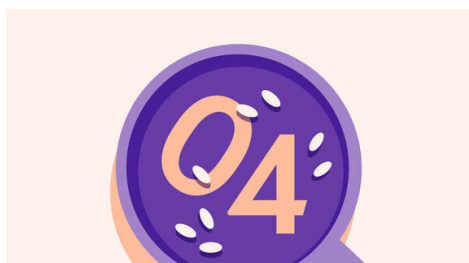
2. Begin succotash

In a large skillet, heat 2 tablespoons oil over medium heat. Add onions and garlic; cook, stirring occasionally, until softened and just starting to brown, 3–4 minutes. Add **zucchini, corn, and edamame**. Cook, stirring occasionally, until veggies are softened, 8–10 minutes.



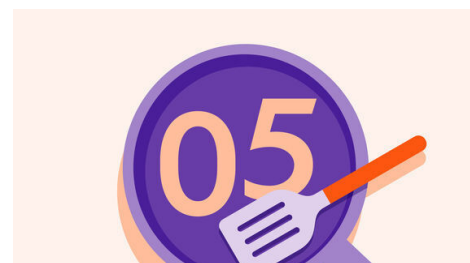
3. Finish succotash

Add **tomatoes** to skillet; cook until tomatoes have slightly broken down and begun to release liquid, 3–4 minutes. Off heat, stir in parsley, lemon zest, 1 tablespoon oil, and 1–2 teaspoons lemon juice to taste; season to taste with salt and pepper. Cover and keep warm until ready to serve.



4. Cook fish

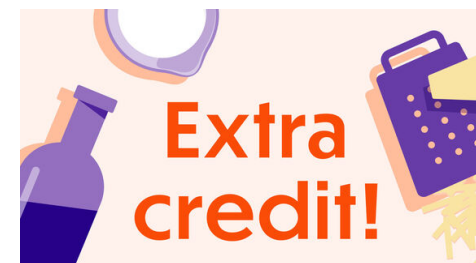
Pat fish dry; season all over with salt and pepper. Heat 1 tablespoon oil in a medium skillet over medium-high until shimmering. Reduce heat to medium; add fish, skin-side down. Firmly press each filet with back of a spatula, 10 seconds.



5. Serve

Cook fish, occasionally pressing gently on filets, until skin is well browned and very crisp and fish is almost cooked through, 4–5 minutes. Flip and cook until just medium, about 1 minute more.

Serve salmon with succotash and lemon wedges. Enjoy!



6.