



One-Pot Mediterranean Salmon

with Toasted Feta Garlic Bread



20-30min



2 Servings

This one-pot salmon dinner channels the flavors of the Mediterranean thanks to classic ingredients like aromatic dried oregano, sun-dried tomatoes, and artichoke hearts. We serve the salmon with crisp cheesy garlic bread perfect for soaking up any pan drippings.

What we send

- 3 oz carrots
- 1 red onion
- garlic
- 2 oz sun-dried tomatoes
- 14 oz can artichokes
- 2 oz feta ²
- 10 oz pkg salmon filets ¹
- ¼ oz dried oregano
- 1 pkt vegetable broth concentrate
- 2 Portuguese rolls ³

What you need

- olive oil
- kosher salt & ground pepper
- white wine vinegar (or red wine vinegar)

Tools

- fine-mesh sieve
- medium skillet

Allergens

Fish (1), Milk (2), Wheat (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 770kcal, Fat 50g, Carbs 42g, Protein 41g



1. Prep ingredients

Scrub **carrot**, then cut crosswise into ¼-inch thick rounds. Halve and thinly slice **¾ cup onion**. Finely chop **2 teaspoons garlic**. Thinly slice **sun-dried tomatoes**. Drain **artichokes** and set aside half for step 5 (save rest for own use). In a small bowl, combine **feta**, half of the chopped garlic, and **1 tablespoon oil**; mash with a fork to combine.



4. Make sauce

Heat **½ tablespoon oil** in same skillet over medium-high. Add **remaining chopped garlic** and **1½ teaspoons of the oregano**. Cook, stirring, until fragrant, about 30 seconds. Add **carrots and onions** back to skillet. Stir in **broth concentrate**, **⅔ cup water**, and **½ teaspoon vinegar**, scraping up any browned bits. Bring to a boil.



2. Sauté aromatics & veggies

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **onions** and **carrots**; season with **salt** and **pepper**. Cook, stirring occasionally, until veggies are slightly softened and lightly browned (add **1-2 tablespoons water** if skillet gets too dry), 3-4 minutes. Transfer veggies to a bowl. Cover to keep warm.



5. Cook sauce & prep rolls

Add **artichokes** and **sun-dried tomatoes** to skillet. Reduce heat to medium-low; cover and simmer until carrots are tender, 4-6 minutes; season with **salt** and **pepper**. Then, remove from heat and add **salmon**, skin-side up. Meanwhile, place **rolls** on a piece of foil. Using a serrated knife, cut 4 slices crosswise, stopping halfway down (don't cut through).



3. Cook salmon

Pat **salmon** dry; season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in same skillet over medium-high. 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.



6. Make garlic bread & serve

Preheat broiler with top rack 6 inches from heat source. Rub **rolls** lightly with **oil**. Push **some of the feta mixture** between slices; spread remaining on top. Broil on top oven rack until bread and cheese are golden brown, 1-3 minutes (watch closely as broilers vary). Serve **salmon and vegetables** with **sauce** spooned over top, and with **garlic bread** alongside. Enjoy!