

DINNERLY

Low Carb: Teriyaki Salmon with Sesame Kale Salad



20-30min



2 Servings

WHAT WE SEND

- 8 oz pkg salmon filets ⁴
- 2 oz teriyaki sauce ^{1,6}
- 2 oz sesame dressing ^{1,6,11}
- 1 bunch curly kale
- ¼ oz pkt toasted sesame seeds ¹¹
- 1 carrot

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil

TOOLS

- rimmed baking sheet
- aluminium foil
- nonstick cooking spray

ALLERGENS

Wheat (1), Fish (4), Soy (6), Sesame (11).
May contain traces of other allergens.
Packaged in a facility that packages
gluten containing products.

NUTRITION PER SERVING

Calories 0kcal



1. Prep kale

Strip kale leaves from tough stems, discard stems. Tear or chop leaves into bite-sized pieces. In a large bowl, massage kale with 1 tablespoon oil until evenly coated and wilted. Set aside for 10 minutes.

Scrub carrot (peel if desired); cut into thin matchsticks. Alternatively, grate on the large holes of a box grater.



2. Prep baking sheet

Preheat oven to broil with a rack 4-inches away from heating element. Line a rimmed baking sheet with aluminum foil; grease with nonstick spray.



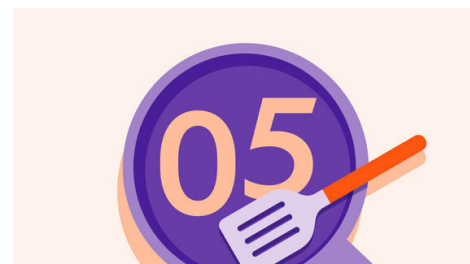
3. Prep salmon

Pat salmon dry; season lightly with salt and pepper. Arrange salmon skin side down on prepared baking sheet. Set aside half the teriyaki sauce for finishing; brush salmon with remaining sauce.



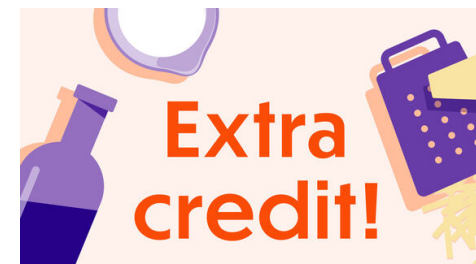
4. Broil salmon

Broil salmon on top rack until browned on top and just medium, 5–8 minutes (watch closely and rotate tray occasionally as broilers vary). Brush with remaining teriyaki sauce; sprinkle with half the sesame seeds.



5. Finish & serve

Toss kale with carrots, sesame dressing, and remaining sesame seeds. Season to taste with salt and pepper. Serve with salmon. Enjoy!



6.

Extra credit!