



Crispy Lemon-Butter Salmon

with Arugula, Radicchio & Frizzled Shallots



30-40min



2 Servings

This recipe highlights a winner #smartcooking move: crisp some shallot rounds in olive oil and reserve the shallot oil for a salad dressing turned up a notch. And there's a lot more to love here, from the tender salmon basted in an addictive butter-lemon sauce to a nutritious radicchio and arugula salad. Oh, and those crunchy shallots scattered on top.

What we send

- 1 shallot
- 1 lemon
- 2 pkts Dijon mustard ³
- 1 head radicchio
- 10 oz pkg salmon filets ¹
- 5 oz arugula
- ¾ oz Parmesan ²

What you need

- olive oil
- kosher salt & ground pepper
- ¼ c all-purpose flour (or gluten-free alternative)
- butter ²
- red wine vinegar

Tools

- small skillet
- medium nonstick skillet
- microplane or grater

Allergens

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

Nutrition per serving

Calories 760kcal, Fat 56g, Carbs 28g, Protein 40g



1. Cook shallots

Trim ends from **shallot**, then thinly slice into rounds. Heat **¼ cup oil** in a small skillet over medium. Add shallot rounds and cook until golden brown, 8-10 minutes. Use a slotted spoon to remove shallots and transfer to a paper towel. Sprinkle with **salt**. Reserve **shallot oil**.



4. Finish & serve

Finely grate **Parmesan**, if necessary. Toss **arugula** with **radicchio**. Serve **salmon** topped with **salad**. Sprinkle **Parmesan** over **salad** and top with **crispy shallots**. Enjoy!



2. Make salad

Juice the **lemon**. Whisk together **reserved shallot oil**, **3 ½ tablespoons red wine vinegar**, **Dijon mustard**, and **half of the lemon juice**; season to taste with **salt** and **pepper**. Cut **radicchio** into quarters, remove the core, then roughly chop. Toss radicchio with the **vinaigrette**.

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



5. ...

Looking for more steps?



3. Cook salmon

Heat **1 tablespoon oil** in a large 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, 4-5 minutes. Flip fish, add **1 tablespoon butter** and **remaining lemon juice**; cook until sauce thickens slightly and fish is just medium, about 1 minute more.



6. ...

You won't find them here! Enjoy your Marley Spoon meal!