

DINNERLY



Low-Carb Teriyaki Salmon with Sesame Kale Salad

| Low carb, low stress, low risk. We've got you covered!

 20-30min  2 Servings

WHAT WE SEND

- 1 bunch curly kale
- 1 bag carrots
- 8 oz pkg salmon filets ¹
- 2 oz teriyaki sauce ^{2,4}
- ¼ oz pkt toasted sesame seeds ³
- 2 oz sesame dressing ^{2,3,4}

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper

TOOLS

- rimmed baking sheet
- aluminium foil
- nonstick cooking spray

ALLERGENS

Fish (1), Wheat (2), Sesame (3), Soy (4).
May contain traces of other allergens.
Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 500kcal, Fat 28g, Carbs 26g,
Protein 29g



1. Prep ingredients

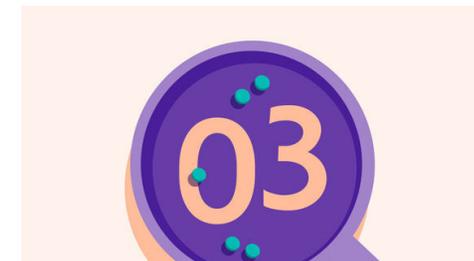
Strip **kale leaves** from tough stems, discarding stems. Tear or chop leaves into bite-sized pieces. In a large bowl, massage kale with **1 tablespoon oil** until evenly coated and wilted. Set aside for 10 minutes.

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 heat source. Line a rimmed baking sheet with aluminum foil; **grease** with nonstick spray.



3. Prep salmon

Pat **salmon** dry and season lightly with **salt** and **pepper**. Arrange salmon, skin side down, on prepared baking sheet. Set aside **half of the teriyaki sauce** for step 4; 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 of 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** with **sesame kale salad**. Enjoy!



6. Rate your plate!

When you rate your meals we can give you more of the flavors you love. Tell us what you thought of this recipe on the app or website.