

DINNERLY



Low-Carb Salmon Piccata with Sautéed Garlic Kale

 40-50min  2 Servings

Mirror, mirror on the wall, who's the best piccata of them all? Our vote is for salmon, but let your tastebuds decide. We've got you covered!

WHAT WE SEND

- ¼ oz fresh parsley
- 1 lemon
- 1 bunch curly kale
- 1 pkt crushed red pepper
- 8 oz pkg salmon filets ¹
- 1 oz capers
- 1 pkt vegetable broth concentrate

WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- ¼ c + 2 tablespoons olive oil
- ¼ c all-purpose flour (or gluten-free alternative)
- unsalted butter ²

TOOLS

- large saucepan
- microplane or grater
- colander
- meat mallet (or heavy skillet)
- large skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 830kcal, Fat 70g, Carbs 18g, Protein 29g



1. Prep ingredients

Bring a large saucepan of **salted water** to a boil.

Finely chop **1 tablespoon garlic**. Finely chop **parsley leaves**; discarding stems. Zest **half of the lemon** and squeeze **1 tablespoon juice**.

Strip **kale leaves** from tough stems; discard stems and tear or chop leaves into 3-inch pieces.



2. Cook kale

Add **kale** to boiling water; cook until dark green and tender, 4–5 minutes. Drain kale and return saucepan to medium heat with **crushed red pepper, half of the garlic**, and **¼ cup oil**. Cook until garlic is just starting to brown, 2–3 minutes. Add **kale** and cook, stirring occasionally, until very tender, 3–4 minutes; season with **salt and pepper**. Remove from heat and keep warm.



3. SALMON VARIATION

Pat **salmon** dry; season all over with **salt and pepper**. Spread **¼ cup flour** in a shallow dish. Working 1 at a time, dredge both sides of **salmon**; shake off excess.

Heat **2 tablespoons oil** in a large skillet over medium-high. Add salmon, skin-side down. Lower heat to medium; cook until skin is browned and crisp, 4–5 minutes. Flip and cook until just medium, about 1 minute more.



4. Cook sauce

Transfer **salmon** to a plate.

Add **remaining chopped garlic** to **remaining oil** in skillet; cook until fragrant, about 30 seconds. Add **capers, broth concentrate, lemon zest and juice**, and **½ cup water**. Bring to a simmer over high heat, scraping up any browned bits from bottom of skillet. Cook until sauce is reduced by half, 1–2 minutes.



5. Finish & serve

Off heat, whisk in **2 tablespoons butter** until **sauce** is creamy and fully combined. Season sauce to taste with **salt and pepper**. Stir in **parsley**. Return **salmon** to skillet and spoon sauce over top to re-warm.

Serve **salmon piccata** with **kale**. Enjoy!



6. Rate your plate!

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