MARLEY SPOON

Lemon Salmon with Cauliflower Rice

& Tarragon Vegetable Medley

30min 2 Servings

We make preparing a keto-friendly dinner easy, thanks to pre-riced cauliflower! We turn this veggie into a side for seared salmon fillets. The trick to maximizing the flavor is broiling the cauliflower rice—it brings out a nutty, caramelized note. Quickly sautéed snap peas tossed with crisp radishes add a delightful textural contrast to the tender fish and rice, and a fresh tarragon dressing ties it all together.

What we send

- garlic
- ¼ oz fresh tarragon
- 1 lemon
- 1 radish
- 4 oz snap peas
- 10 oz pkg salmon filets [1]
- 12 oz cauliflower rice
- ¼ oz Dijon mustard

What you need

- olive oil
- kosher salt & ground pepper
- sugar
- butter [2]

Tools

- microplane or grater
- rimmed baking sheet
- large nonstick 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 790kcal, Fat 67g, Carbs 16g, Protein 35g

1. Prep ingredients

Finely chop **1 teaspoon garlic**. Pick and finely chop **2 teaspoons tarragon leaves**; discard stems. Finely grate **all of the lemon zest**, then squeeze **2 tablespoons lemon juice** into a small bowl, keeping them separate. Cut any remaining lemon into wedges. Thinly slice **radishes**. Trim **snap peas**. Pat **salmon** dry and season all over with **salt** and **pepper**.

2. Broil cauliflower rice

Preheat broiler with a rack in the upper third. On a rimmed baking sheet, toss **cauliflower rice** with **2 tablespoons oil** and **a pinch each of salt and pepper**. Spread out in an even layer. Broil on top oven rack until lightly browned and tender, stirring halfway through, about 10 minutes (watch closely as broilers vary).

3. Make tarragon vinaigrette

To small bowl with **lemon juice**, whisk to combine **Dijon**, **chopped tarragon**, **2 tablespoons oil**, and **a pinch of sugar**. Season to taste with **salt** and **pepper**.

4. Cook snap peas

While **cauliflower** broils, heat **1 teaspoon oil** in a large nonstick skillet over medium-high. Add **snap peas** and season with **salt** and **pepper**. Cook, stirring occasionally, until browned in spots and crisp-tender, 2–4 minutes. Transfer to a bowl and cover to keep warm until ready to serve.

Heat **1 tablespoon oil** in same skillet over medium-high.

5. Cook fish

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 and cook until just medium, about 1 minute more. Transfer fish to plates. Reduce skillet heat to low. Add **garlic** and **lemon zest** to skillet. Cook, stirring, until fragrant, about 10 seconds. Add **2 tablespoons water**; bring to simmer.

6. Finish sauce & serve

Stir **2 tablespoons butter** into skillet with **sauce** until melted. Remove from heat. Season to taste with **salt** and **pepper**. Serve **fish** with **garlic-lemon pan sauce** on top alongside **cauliflower rice, snap peas**, and **radishes**. Drizzle **tarragon vinaigrette** over top of **veggies**. Enjoy!