



#### In your box

- 2 Garlic Cloves
- 1 Lemon
- 1 Shallot
- 11 oz. Kale
- 4 oz. Grape Tomatoes
- 12 oz. Salmon Fillets
- 4 fl. oz. Light Cream



## Garlic and Lemon-Crusted Salmon

with creamed kale and charred tomatoes

NUTRITION per serving—Calories: 559, Carbohydrates: 26g, Fat: 38g, Protein: 39g, Sodium: 1234mg.  
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time  
35-45 min.

Cook Within  
3 days

Difficulty Level ● ● ● □  
Intermediate

Spice Level □ □ □ □  
Not Spicy

## ① You will need

Olive Oil, Salt, Pepper

Large Non-Stick Pan, Medium Non-Stick Pan

## 👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- ☐ Thoroughly rinse produce and pat dry



1

### Cook the Garlic Chips

- Line a plate with a paper towel.
- Slice **garlic** as thinly and uniformly as possible. Add 2 tsp. **olive oil** to a large non-stick pan and spread garlic slices in a single layer in pan.
- Place pan over medium heat. As soon as oil begins to bubble, turn heat to low. Cook until garlic slices slowly dry out and are golden brown, 10-15 minutes.
- Immediately remove golden brown garlic slices to towel-lined plate and let cool. Reserve oil and pan.
- While garlic cooks, prepare ingredients.



2

### Prepare the Ingredients

- Zest and quarter **lemon**.
- Peel and halve **shallot**. Slice thinly.
- Stem **kale** and coarsely chop.
- Halve **tomatoes**.
- Pat **salmon fillets** dry, and season flesh side with ¼ tsp. **salt** and a pinch of **pepper**.



3

### Cook the Salmon

- Place a medium non-stick pan over medium-high heat. Add 1 tsp. **olive oil** and **salmon fillets**, skin side up, to hot pan.
- Reduce heat to medium and cook until golden brown and salmon reaches a minimum internal temperature of 145 degrees, 4-6 minutes per side.
- Transfer salmon to a plate, skin side down. Sprinkle salmon with ½ tsp. **lemon zest** and top zest with **crispy garlic slices**.
- Reserve pan; no need to wipe clean.



4

### Cook the Creamed Kale

- Return pan with **garlic oil** to medium-high heat.
- Add **shallot** to hot pan. Stir often until shallot begins to soften, 2 minutes.
- Add **cream** and ¼ cup **water** and bring to a boil. Once boiling, add **kale** and ¼ tsp. **salt**. Cover and reduce heat to medium. Stir occasionally until kale wilts and sauce has thickened, 4-5 minutes.
- Taste, and season with a pinch of salt and **pepper** if desired.
- Remove from burner.



5

### Char Tomatoes and Finish Dish

- Return pan used to cook salmon to high heat. Add **tomatoes** to hot pan and stir occasionally until lightly charred, 2-3 minutes.
- Season with a pinch of **salt** and **pepper**.
- Remove from burner.
- Plate dish as pictured on front of card, squeezing **lemon quarters** over salmon to taste. Bon appétit!