

Salmon Steak with Broccoli

A delicious and healthy salmon steak with quick-to-wilt broccoli and butter. Perfect for a low-carb meal!



Main Dish

30 min

Total time

Easy

Difficulty

343

kcal / serving

Ingredients

- 1 4-oz salmon steak
- 1/2 head of broccoli
- 1 tbsp butter
- Salt and pepper

Steps

- 1 Preheat oven to 350°F.
- 2 Place salmon steak on greased baking sheet. Generously season with salt and pepper.
- 3 Put it in the oven and bake for 15 minutes.
- 4 While the salmon is cooking, heat a pan on medium-high, put the butter in and let it sizzle.
- 5 Cut the broccoli into florets, add them to the pan and cook until softened.
- 6 Add a bit of salt.
- 7 Serve the salmon steak with a side of the cooked broccoli.