



# SALMON WITH RED PEPPER SAUCE

*Broccoli puttanesca with tomato, Kalamata olives & capers*

**COOK TIME**  
25 MIN

**SERVINGS**  
2

**CALORIES PER SERVING**  
450

**NET CARBS PER CARBS**  
9 GRAMS

**MENU**  
KETO // GLUTEN-FREE

A bold seafood dinner inspired by Italian cuisine. Salmon fillets are dusted with a mustard-herb seasoning, then pan-seared to a flaky finish. They're served over broccoli puttanesca strewn with Roma tomato, garlic, Kalamata olives, and capers. A roasted red pepper sauce, drizzled over top, gives the dish a tangy-sweet finish.

## INGREDIENTS (8 ITEMS)

- 2 (5 oz) **Salmon fillets** F
- 3 tbs **Roasted red pepper sauce**
- 2 tsp **Mustard-herb seasoning**
- 6 oz **Broccoli**
- ½ oz **Kalamata olives**  
& ¼ oz **capers**
- 1 whole **Roma tomato**
- ¼ oz **Garlic**
- 2 oz **Yellow onions**

## WHAT YOU'LL NEED

- medium & large sauté pans
- measuring spoons
- thermometer

## ALLERGENS

- F FISH (salmon)



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Food Service (GFFS) program.

**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

Wash and dry fresh produce. Wash hands and surfaces after handling raw fish. Consuming raw or undercooked fish may increase your risk of foodborne illness. Go to [help.greenchef.com](http://help.greenchef.com) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at [help@greenchef.com](mailto:help@greenchef.com)



## 1 PREP VEGGIES

- Thinly slice **broccoli** lengthwise.
- Mince **garlic**.\*
- Small dice **Roma tomato** into about ¼-inch pieces.
- Roughly chop **Kalamata olives and capers**.

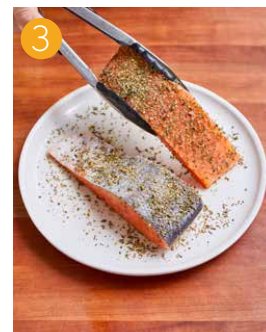
*\*Did You Know? Mincing means to cut an ingredient into very small pieces.*



## 2 START PUTTANESCA

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **broccoli** to hot pan. Lightly season with salt and pepper. Stir. Cook 3-5 minutes, or until broccoli is lightly browned, stirring occasionally.
- Reduce heat to medium. (If pan is dry, add 1-2 teaspoons cooking oil.) Add **yellow onions** and **garlic**. Stir. Cook 1-2 minutes, or until garlic is fragrant, stirring occasionally.
- Add **tomato**. Stir. Cook 2-3 minutes, or until tomato softens and broccoli is tender, stirring occasionally. Remove from heat.

*See Step 5 to finish.*



## 3 SEASON SALMON

- Pat **salmon fillets** dry with a paper towel.\* Season both sides with **mustard-herb seasoning** and salt.

*\*Did You Know? Patting the salmon dry results in a more even distribution of the seasonings, as well as a better sear.*



## 4 COOK SALMON

- Heat about 1 ½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **salmon** to hot pan, skin-side down. Sear 4-5 minutes on each side, or until salmon is fully cooked (or to desired doneness).\*
- Transfer **salmon** to cutting board.

*\*Take Note: Salmon is fully cooked when internal temperature reaches 145 degrees and it easily flakes with a fork.*



## 5 FINISH PUTTANESCA

- Add **olives and capers** to pan with veggies. Drizzle with about 1 ½ tablespoons olive oil. Salt and pepper to taste.\* Stir to combine.

*\*Take Note: The olives and capers are already salty; season accordingly.*

## 6 HEAT SAUCE

- Return pan used for salmon to stovetop over medium-low heat. Add **roasted red pepper sauce** to pan. Cook about 1 minute, or until heated through, stirring occasionally.

## 7 PLATE YOUR DISH

- Divide **broccoli puttanesca** between plates. Serve **pan-seared salmon** over top. Drizzle **roasted red pepper sauce** over salmon.
- Enjoy!

