



**GREEN  
CHEF**

## SESAME-GINGER SALMON

*cauliflower "rice," roasted green beans, sesame seeds*

### COOK TIME

20 MIN

### SERVINGS

2

### CALORIES PER SERVING

740

### NET CARBS PER SERVING

18 GRAMS

### MENU

KETO // PALEO // GLUTEN-FREE

Drizzling our savory sesame-ginger sauce over salmon before roasting it yields stunning results: moist, flaky fish with effortless caramelization. For this decadent seafood dish, the salmon is served over tender cauliflower "rice," made fragrant with the addition of sautéed onions and ginger. Roasted green beans add a pop of color to the plate, while a sprinkle of black and white sesame seeds offers a light crunch.

### INGREDIENTS (6 ITEMS)

6 oz **Green beans**  
2 (5 oz) **Salmon fillets\*** F  
3½ oz **Sesame-ginger amino sauce** T  
6½ oz **Cauliflower "rice"**  
2 oz **Yellow onions**  
& ¼ oz **& ginger**  
1 tsp **Black & white sesame seeds**

### WHAT YOU'LL NEED

medium sauté pan  
large oven-safe sauté pan  
baking sheet  
measuring spoons  
thermometer  
oven mitt  
cooking oil  
salt & pepper

### ALLERGENS

F FISH (salmon)  
T TREE NUTS (coconut)



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

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

\*Salmon is fully cooked when internal temperature reaches 145 degrees.

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 [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.



# 1 PREP

- Preheat oven to 425 degrees.
- Trim stem ends off **green beans**.

COOKING FOR  
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.



# 2 ROAST GREEN BEANS

- Place **green beans** on a lightly oiled, foil-lined baking sheet. Drizzle with about 1 tablespoon cooking oil. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to coat. Spread out in a single layer.
- Roast 8-10 minutes, or until fork-tender, stirring halfway through.



# 3 START SALMON

- Pat **salmon fillets** dry with paper towels. Season with salt and pepper.
- Heat about 1½ tablespoons cooking oil in a large oven-safe sauté pan over medium-high heat. Add **salmon**, skin sides up, to hot pan. Sear 2-3 minutes, or until salmon easily releases from pan.



# 4 FINISH SALMON

- Flip **salmon**. Drizzle **sesame-ginger amino sauce** over top. Transfer pan to oven. Roast 5-7 minutes, or until salmon is fully cooked.\*

*\*To keep your hands safe, slide a silicone cover (or pot holder) over the handle of the hot pan once it comes out of the oven.*



# 5 COOK CAULIFLOWER "RICE"

- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **cauliflower "rice"** and **yellow onions and ginger** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 4-5 minutes, or until cauliflower is tender, stirring occasionally.

# 6 PLATE YOUR DISH

- Divide **cauliflower "rice"** between plates. Top with **sesame-ginger salmon**. Spoon any remaining **sauce** from pan over top. Pile **roasted green beans** on the side. Garnish with **black and white sesame seeds**. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (423g)

**Amount per serving**

**Calories** **740**

	% Daily Value*
<b>Total Fat</b> 59g	76%
Saturated Fat 8g	40%
Trans Fat 0g	
<b>Cholesterol</b> 75mg	25%
<b>Sodium</b> 1150mg	50%
<b>Total Carbohydrate</b> 23g	8%
Dietary Fiber 5g	18%
Total Sugars 14g	
Includes 0g Added Sugars	0%
<b>Protein</b> 34g	
Vitamin D 0mcg	0%
Calcium 90mg	6%
Iron 3mg	15%
Potassium 553mg	10%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### All ingredients in this recipe:

**Salmon** [salmon], **Sesame-Ginger Amino Sauce** (Garlic, Coconut Aminos [organic coconut nectar, organic pure coconut blossom sap, natural unrefined sea salt], Apple Cider Vinegar [apple cider vinegar], Puréed Ginger [ginger], Crushed Red Pepper Flakes, Coconut Nectar [coconut tree sap], Lemon Juice [lemon], Sesame Oil [refined sesame oil], Toasted Sesame Oil [toasted sesame oil]), **Yellow Onions**, **Ginger** [organic ginger, organic cane sugar, organic rice vinegar, citric acid], **Cauliflower**, **Black & White Sesame Seeds** (White Sesame Seeds [hulled sesame seeds], Black Sesame Seeds [black sesame seeds]), **Green Beans**

### Allergen information:

Contains Tree Nuts And Fish

*Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.*

*Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.*