



HONEY-CITRUS GLAZED SALMON

mangos, jerk-spiced carrot fries with almonds, roasted broccoli

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|----------------------------|----------------------|------------------------------------|--|-------------------------------------|
| COOK TIME 30 MIN | SERVINGS 2 | CALORIES PER SERVING 840 | NET CARBS PER SERVING 33 GRAMS | MENU PALEO // GLUTEN-FREE |
|----------------------------|----------------------|------------------------------------|--|-------------------------------------|

Love savory-sweet pairings? You'll be head over heels for this Jamaican-inspired seafood dish. A lively jerk spice blend (think: thyme, allspice, and ginger) adds spicy, peppery nuance to salmon fillets, which are pan-seared, then finished in the oven with mangos and a tangy honey-citrus glaze. Tender carrot fries with almonds, plus a side of roasted broccoli, round out the plate. For a splash of citrusy brightness, feel free to squeeze fresh lime juice over it all.

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

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

INGREDIENTS (8 ITEMS)

- 3 whole **Carrots**
- 6 oz **Broccoli**
- 1½ oz **Mangos**
- 1 whole **Lime**
- 1 tbsp **Jerk spice blend** T
- 2 (5 oz) **Salmon fillets*** F
- ¾ oz **Honey-citrus glaze**
- ½ oz **Sliced almonds** T

WHAT YOU'LL NEED

- medium oven-safe sauté pan
- baking sheet
- small bowl
- measuring spoons
- peeler
- microplane
- thermometer
- oven mitt
- cooking oil
- salt & pepper

ALLERGENS

- T TREE NUTS (almonds, coconut)
- F FISH (salmon)

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

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 400 degrees.
- Cut tops off **carrots** and peel. Halve widthwise. Cut each half lengthwise into fries, about ½ inch thick.
- Cut **broccoli** into bite-size pieces if necessary.
- Roughly chop **mangos** if necessary (discard any excess juice).
- Zest whole **lime** with a microplane (or on small holes of a box grater) over a small bowl. Quarter **lime**.

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

SEASON & ROAST VEGGIES

- Place **carrots** on one side of a lightly oiled, foil-lined baking sheet. Drizzle with 1-2 tablespoons cooking oil. Season with about half of the **jerk spice blend**, about ¼ teaspoon salt, and a pinch of pepper. Stir to coat. Spread out in a single layer.
- Add **broccoli** to empty side of baking sheet. Drizzle with 1-2 tablespoons cooking oil. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to coat. Spread out in a single layer.
- Roast 18-20 minutes, or until tender and lightly browned, stirring halfway through.

3

SEASON & SEAR SALMON

- Pat **salmon fillets** dry with paper towels. Place on a plate. Season with salt, pepper, and remaining **jerk spice blend**. Drizzle with about 1 tablespoon cooking oil. Rub to coat.
- Heat about 1½ tablespoons cooking oil in a medium 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

ROAST SALMON

- Flip **salmon**. Add **mangos** to pan around salmon. Drizzle salmon with **honey-citrus glaze**.
- Transfer pan to oven. Roast 5-7 minutes, or until salmon is fully cooked.*
- Transfer **salmon** to a plate.

**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

FINISH GLAZE

- Return pan with **mangos and honey-citrus glaze** to stovetop over medium-high heat. **(Careful! Pan handle is hot!)** Squeeze juice from 1-2 **lime wedges** over pan. Add about half of the **lime zest**. Season with salt and pepper. Cook 2-3 minutes, or until glaze has slightly thickened, stirring frequently.

6

PLATE YOUR DISH

- Divide **roasted salmon** between plates. Spoon **honey-citrus glaze with mangos** over top. Sprinkle with remaining **lime zest**. Pile **jerk-spiced carrot fries** and **roasted broccoli** on the side. Sprinkle **sliced almonds** over carrots. Serve with remaining **lime wedges**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (538g)

Amount per serving

Calories 840

| | % Daily Value* |
|--------------------------|----------------|
| Total Fat 60g | 77% |
| Saturated Fat 10g | 50% |
| Trans Fat 0g | |
| Cholesterol 75mg | 25% |
| Sodium 790mg | 34% |
| Total Carbohydrate 42g | 15% |
| Dietary Fiber 9g | 32% |
| Total Sugars 23g | |
| Includes 5g Added Sugars | 10% |
| Protein 35g | |
| Vitamin D 0mcg | 0% |
| Calcium 143mg | 10% |
| Iron 3mg | 15% |
| Potassium 1440mg | 30% |

* 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: Mangos [mango], Lime, Almonds [almonds], Broccoli, Salmon [salmon], Honey-Citrus Glaze (Orange Juice [organic orange juice], Pineapple Juice [pineapple juice], Lime Juice [lime], Honey [honey], Cilantro, Granulated Garlic, Puréed Ginger [ginger], Apple Cider Vinegar [apple cider vinegar]), Carrots, Jerk Spice Blend (Allspice, Nutmeg, Black Pepper, Dried Thyme, Ground Cayenne Pepper, Sweet Paprika, Coconut Sugar [organic coconut sugar], Granulated Garlic, Dried Ginger)

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.