

**GREEN
CHEF**

SALMON WITH PICCATA SAUCE

roasted red beets & bell pepper, sautéed kale with walnuts

COOK TIME

35 MIN

SERVINGS

2

CALORIES PER SERVING

770

NET CARBS PER SERVING

11 GRAMS

MENU

KETO // GLUTEN-FREE

The piccata sauce in tonight's seafood dish blends the piquant flavor of capers with lemon-spiked veggie broth, garlic, parsley, and creamy butter. It's spooned over flaky pan-seared salmon fillets for a rich finish. A side of roasted red beets and bell pepper lends the meal earthy-sweet flavors, while sautéed kale studded with toasted walnuts adds a light crunch.

INGREDIENTS (9 ITEMS)

1 unit **Red bell pepper**
 5¼ oz **Red beets**
 4 oz **Green kale**
 ½ oz **Walnuts** ^T
 ½ oz **Capers**
 ¼ oz **Garlic**
 ¼ oz **Parsley**
 2 (5 oz) **Salmon fillets*** ^F
 3 oz **Vegetable broth with lemon juice**

WHAT YOU'LL NEED

medium nonstick pan
 large sauté pan
 baking sheet
 medium bowl
 measuring spoons
 thermometer
 oven mitt
 cooking & olive oils
 2 tbsp butter ^M
 salt & pepper

ALLERGENS

^T TREE NUTS (walnuts) ^F FISH (salmon)
^M MILK



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 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 START PREP

- Preheat oven to 425 degrees.
- Medium dice **red bell pepper*** into pieces, about ½ inch each.
- Place **red beets** and **bell pepper** in a medium bowl. Drizzle with about 1½ tablespoons cooking oil. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to coat.

**The ingredient you received may be a different color.*

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 BEETS & BELL PEPPER

- Spread **beets and bell pepper** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 18–22 minutes, or until beets are tender, stirring halfway through.

3 FINISH PREP

- Remove and discard any thick center stems from **green kale***. Roughly chop leaves into bite-size pieces.
- Roughly chop **walnuts** if necessary.
- Roughly chop **capers**.
- Mince **garlic**.
- De-stem **parsley**; finely chop leaves.

**The ingredient you received may be a different color.*

4 COOK SALMON

- Pat **salmon fillets** dry with paper towels. Lightly season with salt and pepper.
- Heat about 1½ tablespoons cooking oil in a medium nonstick pan over medium-high heat. Add **salmon**, skin sides down, to hot pan. Sear 4–5 minutes on each side, or until fully cooked.
- Transfer **salmon** to a plate. (Reserve pan.)

5 SAUTÉ KALE

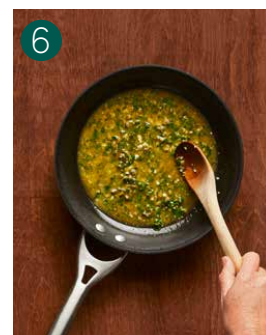
- Heat about 1 tablespoon cooking oil in a large sauté pan over medium heat. Add **kale**, **walnuts**, and 1–2 tablespoons water to hot pan. Season with salt and pepper. Cook 2–3 minutes, or until kale is wilted and walnuts are lightly toasted, stirring occasionally.

6 MAKE PICCATA SAUCE

- Heat 1–2 teaspoons olive oil in pan used for salmon over medium heat. Add **capers** and **garlic** to hot pan. Cook about 1 minute, or until garlic is fragrant, stirring frequently.
- Carefully add **vegetable broth with lemon juice** to pan. Simmer 3–4 minutes, or until sauce has reduced slightly, stirring occasionally.
- Remove from heat. Add 2 tablespoons butter. Stir until butter has melted. Add **parsley**. Stir to combine.

7 PLATE YOUR DISH

- Divide **salmon** between plates. Spoon **piccata sauce** over top. Serve **roasted red beets and bell pepper** and **sautéed kale with walnuts** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (395g)

Amount per serving

Calories **770**

	% Daily Value*
Total Fat 64g	82%
Saturated Fat 16g	80%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 640mg	28%
Total Carbohydrate 16g	6%
Dietary Fiber 5g	18%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 33g	
Vitamin D 0mcg	0%
Calcium 105mg	8%
Iron 2mg	10%
Potassium 1043mg	20%

* 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:

Red Beets, Walnuts [walnuts], **Bell Peppers, Green Kale, Salmon** [salmon], **Lemon Vegetable Broth** (Lemon Juice [lemon], Vegetable Broth [water, organic carrots, organic onions, organic celery, organic tomatoes, organic tomato paste, organic garlic, organic leeks, organic cane sugar, sea salt, organic bay leaves, organic parsley, organic thyme, organic molasses, organic carrot powder, organic onion powder, organic spices, organic expeller pressed canola and/or safflower and/or sunflower oil, organic flavoring, organic spices, organic potato flour, organic expeller pressed canola and/or safflower and/or sunflower oil]), **Capers** [capers, water, vinegar, salt], **Parsley, Garlic**

Allergen information:

Contains Fish And Tree Nuts

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.