



**GREEN
CHEF**

SALMON WITH CREAMY CHIMICHURRI

roasted sweet potatoes & bell pepper, toasted pepitas

COOK TIME

35 MIN

SERVINGS

2

CALORIES PER SERVING

840

NET CARBS PER SERVING

31 GRAMS

MENU

PALEO // GLUTEN-FREE

This wholesome seafood dish gets a flavorful kick from chimichurri, an herby South American condiment that we've taken to the next level by stirring in creamy avocado mayo. Here, seasoned salmon fillets are pan-seared, roasted, then drizzled in the creamy sauce. A side of roasted sweet potatoes and green bell pepper adds a veggie boost to the meal, while a sprinkle of pepitas provides a light crunch.

INGREDIENTS (8 ITEMS)

1 unit **Green bell pepper**
1 whole **Shallot**
¼ oz **Cilantro**
10¼ oz **Sweet potatoes**
1 tbsp **Cumin, coriander & oregano**
½ oz **Pepitas**
2 (5 oz) **Salmon fillets*** **F**
2¾ oz **Creamy chimichurri with avocado mayo** **E**

WHAT YOU'LL NEED

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

ALLERGENS

F FISH (salmon)
E EGGS



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

PREP

- Preheat oven to 425 degrees.
- Medium dice **green bell pepper*** into pieces, about ½ inch each.
- Cut ends off **shallot** and discard peel. Halve lengthwise. Lay flat and medium dice into pieces, about ½ inch each.
- De-stem **cilantro**; roughly chop leaves.

**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

SEASON & ROAST VEGGIES

- Place **sweet potatoes, bell pepper, and shallot** in a large bowl. Drizzle with about 1 tablespoon cooking oil. Season with about 2 teaspoons of the **cumin, coriander, and oregano**, about ½ teaspoon salt, and a pinch of pepper. Stir to coat.
- Spread **veggies** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 18-20 minutes, or until sweet potatoes are fork-tender, stirring halfway through.



3

TOAST PEPITAS

- Place **pepitas** in a dry medium oven-safe sauté pan over medium heat. Toast 2-3 minutes, or until fragrant, shaking pan frequently.
- Transfer **pepitas** to a cutting board to cool. Roughly chop.



4

SEASON & COOK SALMON

- Pat **salmon fillets** dry with paper towels. Season with salt, pepper, and remaining **cumin, coriander, and oregano**.
- Heat about 1½ tablespoons cooking oil in pan used for pepitas over medium-high heat. Add **salmon** to hot pan, skin side up. Sear 2-3 minutes.
- Flip **salmon**. 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

PLATE YOUR DISH

- Divide **roasted salmon** between plates. Drizzle with **creamy chimichurri with avocado mayo**. Serve **roasted veggies** next to salmon. Sprinkle with **cilantro** and **toasted pepitas**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (428g)

Amount per serving

Calories 840

	% Daily Value*
Total Fat 61g	78%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 1020mg	44%
Total Carbohydrate 38g	14%
Dietary Fiber 7g	25%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 34g	
Vitamin D 0mcg	0%
Calcium 87mg	6%
Iron 3mg	15%
Potassium 1285mg	25%

* 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], **Sweet Potatoes**, **Creamy Chimichurri** (Yellow Onions, Parsley, Garlic, Dried Oregano, Sea Salt, Black Pepper, Crushed Red Pepper Flakes, Apple Cider Vinegar [apple cider vinegar], Lemon Juice [lemon], Olive Oil [olive oil], Avocado Oil Mayonnaise [avocado oil, organic certified humane free range egg yolks, water, distilled vinegar, salt, lime juice concentrate, citric acid, lime oil]), **Bell Peppers**, **Shallot**, **Cilantro**, **Cumin**, **Coriander & Oregano** (Ground Cumin, Ground Coriander, Dried Oregano), **Pepitas** [pumpkin seed kernels]

Allergen information:
Contains Egg 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.