



**GREEN
CHEF**

BLACKENED SALMON WITH DIJONNAISE

couscous with corn & roasted peppers, apricot-glazed green beans

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

1140

Salmon is the perfect canvas for the rich, peppery seasonings used in Cajun cuisine. Here, the omega-3-rich fish is dusted with blackening spices (featuring red pepper, oregano, thyme, and garlic), then seared and roasted to a flaky finish. Drizzled in a creamy, paprika-forward Dijonnaise, it's served over a bed of toasted pearl couscous strewn with corn and roasted red peppers. Apricot-glazed green beans with almonds add a welcome touch of sweetness.

INGREDIENTS (9 ITEMS)

1 whole **Vegetable stock concentrate**
 ½ cup **Toasted pearl couscous** W
 6 oz **Green beans**
 2 (5 oz) **Salmon fillets*** F
 1 tbsp **Blackening spices**
 ½ oz **Sliced almonds** T
 1 oz **Apricot jam**
 1½ oz **Corn**
 & 1 oz **& roasted red peppers**
 2¼ oz **Creole Dijonnaise** E S

WHAT YOU'LL NEED

medium pot
 medium & large sauté pans
 baking sheet
 measuring cup & spoons
 thermometer
 oven mitt
 cooking & olive oils
 salt & pepper

ALLERGENS

W WHEAT F FISH (salmon)
T TREE NUTS (almonds) E EGGS
S SOY



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.

*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 COOK COUSCOUS

- Preheat oven to 400 degrees.
- Bring 1½ cups water, **vegetable stock concentrate**, and about ½ teaspoon salt to a boil in a medium pot. Once boiling, stir in **toasted pearl couscous**. Return to a boil, then reduce heat to medium low. Simmer 11-14 minutes, or until couscous is al dente and water has absorbed. Remove from heat.
- Drizzle with about 1 tablespoon olive oil. Season with about ½ teaspoon salt and a pinch of pepper. Stir to coat. (You'll finish the couscous in Step 6.)

4 COOKING FOR

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 PREP GREEN BEANS

- Trim stem ends off **green beans**. Cut widthwise into pieces, about ½ inch long.

3 SEASON & COOK FISH

- Pat **salmon fillets** dry with paper towels. Place on a plate. Season with **blackening spices**, salt, and pepper. Drizzle with about 1 tablespoon cooking oil. Rub to coat.
- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium heat. Add **salmon**, skin sides up, to hot pan. Sear 1-2 minutes.
- Flip **salmon**. Transfer, skin sides down, to a lightly oiled, foil-lined baking sheet. (Reserve pan.) Roast 8-10 minutes, or until fully cooked.

4 COOK GREEN BEANS

- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium heat. Add **green beans** and **sliced almonds** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to combine. Cook 4-5 minutes, or until green beans are tender, stirring occasionally.
- Remove from heat. Add **apricot jam**. Stir to coat.

5 COOK CORN & PEPPERS

- Heat about 1½ tablespoons cooking oil in pan used for salmon over medium heat. Add **corn** and **roasted red peppers** to hot pan. Cook 2-3 minutes, or until warmed through, stirring frequently.

6 FINISH COUSCOUS

- Transfer **couscous** to pan with **corn and roasted red peppers**. Stir to combine. Season with salt and pepper to taste.*

**Taste the couscous after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious dish.*

7 PLATE YOUR DISH

- Divide **couscous with corn and roasted peppers** between plates. Top with **blackened salmon**. Drizzle with **Creole Dijonnaise** to taste. Serve **apricot-glazed green beans** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (401g)

Amount per serving

Calories 1140

	% Daily Value*
Total Fat 86g	110%
Saturated Fat 12g	60%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 2130mg	93%
Total Carbohydrate 54g	20%
Dietary Fiber 6g	21%
Total Sugars 15g	
Includes 9g Added Sugars	18%
Protein 40g	
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 4mg	20%
Potassium 367mg	8%

* 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:

Apricot Jam [organic apricots, organic cane sugar, pectin solution (water, apple pectin), ascorbic acid (vitamin c), citric acid], **Green Beans**, **Almonds** [almonds], **Salmon** [salmon], **Blackening Spices** [paprika (color), dehydrated onion, spices (black pepper, white pepper, red pepper, thyme, oregano), dehydrated garlic, and salt], **Creole Dijonnaise** (Granulated Garlic, Sweet Paprika, Smoked Paprika, Ground Cayenne Pepper, Ground Cumin, Celery Seeds, Dried Basil, Sea Salt, Mayonnaise [organic expeller pressed soybean oil, water, organic egg yolks, organic whole eggs, organic distilled white vinegar, salt, organic white mustard (organic distilled vinegar, water, organic mustard seeds, salt, organic spices), organic lemon juice concentrate], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Apple Cider Vinegar [apple cider vinegar]), **Toasted Pearl Couscous** [pearled couscous (wheat flour)], **Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot , celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **Roasted Red Peppers** [bell pepper], **Corn** [corn]

Allergen information:

Contains Tree Nuts, Wheat, Egg, Soy 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.