



**GREEN
CHEF**

ZESTY SALMON WITH WASABI CREMA

sesame carrot fries, scallion rice

COOK TIME

35 MIN

SERVINGS

2

CALORIES PER SERVING

840

MENU

GLUTEN-FREE

Wasabi is a spicy Japanese condiment with horseradish-like zing that's typically served with sushi. In this savory seafood dish, we've added wasabi powder, along with cilantro and lime juice, to a Greek yogurt-based crema for a spicy kick. It's drizzled over flaky, lime zest-seasoned salmon fillets for some rich creaminess in every bite. Scallion-studded basmati rice and sesame carrot fries round out the meal.

INGREDIENTS (9 ITEMS)

1 whole **Scallion**
1 whole **Lime**
3 whole **Carrots**
1 whole **Vegetable stock concentrate**
½ cup **Basmati rice**
2 oz **Spiced cilantro-lime crema with Greek yogurt** ^M
1 tsp **Wasabi powder**
2 (5 oz) **Salmon fillets*** ^F
1 tsp **White sesame seeds**

WHAT YOU'LL NEED

small pot with lid
medium sauté pan
medium nonstick pan
mixing bowls
measuring cup & spoons
whisk
peeler
microplane
thermometer
cooking oil
salt & pepper

ALLERGENS

^M MILK
^F FISH (salmon)



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

- Thinly slice **scallion** at an angle; discard root end.
- Zest whole **lime** with a microplane (or on small holes of a box grater) over a small bowl. Quarter **lime**.
- Cut tops off **carrots** and peel. Cut widthwise into pieces, about 3 inches long. Cut each piece lengthwise into fries, about 1/2 inch thick.

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

COOK RICE

- Bring 1 1/4 cups water, **vegetable stock concentrate**, and about 1/4 teaspoon salt to a boil in a small pot. Once boiling, stir in **basmati rice**. Return to a boil, then reduce heat to medium-low. Cover pot with lid. Simmer about 16 minutes, or until rice is tender and water has absorbed.
- Remove from heat. Let rest, covered, 3 minutes. Fluff with a fork. Add **scallion**. Stir to combine.

3

MAKE WASABI CREMA

- Place **spiced cilantro-lime crema with Greek yogurt** in a medium bowl. Add **wasabi powder** to taste. Squeeze juice from one **lime wedge** over bowl. Whisk to combine.

4

START CARROTS

- Heat about 1 1/2 tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **carrots** to hot pan. Season with about 1/4 teaspoon salt and a pinch of pepper. Cook about 5 minutes, or until carrots begin to brown, stirring occasionally.
- Carefully add 1/4 cup water to pan. Bring to a boil. Cook 4-5 minutes more, or until carrots are tender and liquid has cooked off, stirring occasionally. (You'll finish the carrots in Step 6.)

5

SEASON & COOK SALMON

- Pat **salmon fillets** dry with paper towels. Place **salmon** on a plate. Season with salt, pepper, and about half of the **lime zest**. Drizzle with about 1 tablespoon cooking oil. Rub to coat.
- Heat about 1 1/2 tablespoons cooking oil in a medium nonstick pan over medium-high heat. Add **salmon**, skin sides up, to hot pan. Sear 4-5 minutes on each side, or until fully cooked.

6

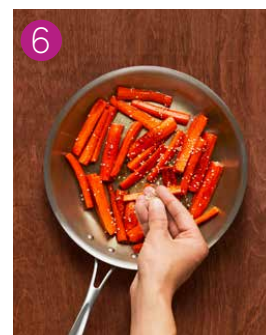
FINISH CARROTS

- Add **white sesame seeds** and remaining **lime zest** to pan with **carrots**. Stir to coat.

7

PLATE YOUR DISH

- Divide **scallion rice** between plates. Top with **zesty salmon**. Drizzle with **wasabi crema** to taste. Pile **sesame carrot fries** next to rice. Serve with remaining **lime wedges**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (448g)

Amount per serving

Calories 840

	% Daily Value*
Total Fat 49g	63%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 1060mg	46%
Total Carbohydrate 64g	23%
Dietary Fiber 6g	21%
Total Sugars 10g	
Includes 1g Added Sugars	2%
Protein 37g	
Vitamin D 0mcg	0%
Calcium 100mg	8%
Iron 2mg	10%
Potassium 1125mg	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], **Basmati Rice** [basmati rice], **Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot , celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **Scallions**, **Lime**, **White Sesame Seeds** [hulled sesame seeds], **Wasabi Powder** [wasabi], **Cilantro-Lime Crema** (Cilantro, Greek Yogurt [pasteurized organic whole milk, organic sweet cream buttermilk, living yogurt cultures: L. acidophilous, L. bulgaricus, S. thermophilus, and Bifidobacterium lactis], Lime Juice [lime], Sea Salt, Ground Coriander, Granulated Garlic), **Carrots**

Allergen information:
Contains Milk 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.