



**GREEN  
CHEF**

## SALMON WITH RED PEPPER VINAIGRETTE

*broccoli puttanesca with tomato, Kalamata olives & capers*

### COOK TIME

25 MIN

### SERVINGS

2

### CALORIES PER SERVING

720

### NET CARBS PER SERVING

9 GRAMS

### MENU

KETO // PALEO // GLUTEN-FREE

The key to packing tonight's red pepper vinaigrette with savory depth is to prepare it in the same pan used to cook the salmon. Those brown specks stuck to the bottom of the pan after the fish cooks are called *fond*, and they are highly concentrated with flavor! Scraping the bottom of the pan as the vinaigrette warms up will release the *fond*, creating a craveable harmony of flavors, perfect for drizzling over the flaky fish. A side of puttanesca-style broccoli adds even more bold flavors to the plate.

### INGREDIENTS (8 ITEMS)

6 oz **Broccoli**  
1 whole **Yellow onion**  
¼ oz **Garlic**  
1 whole **Roma tomato**  
½ oz **Kalamata olives**  
& ¼ oz **& capers**  
2 (5 oz) **Salmon fillets\*** F  
2 tsp **Mustard-herb seasoning**  
1¾ oz **Parsley-seasoned roasted red pepper vinaigrette**

### WHAT YOU'LL NEED

medium & large sauté pans  
measuring spoons  
thermometer  
cooking & olive oils  
salt & pepper

### ALLERGENS

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.

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## PREP

- Thinly slice **broccoli** lengthwise.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Small dice remaining half into pieces, about ¼ inch each.
- Mince **garlic**.
- Small dice **Roma tomato** into pieces, about ¼ inch each.
- Roughly chop **Kalamata olives and capers**.

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

## START PUTTANESCA

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **broccoli** to hot pan. Lightly season with salt and pepper. Cook 3-5 minutes, or until broccoli is lightly browned, stirring occasionally.
- Reduce heat to medium. Add **onion** and **garlic**. Cook 1-2 minutes, or until garlic is fragrant, stirring occasionally.\*
- Add **tomato**. Cook 2-3 minutes, or until tomato is softened and broccoli is tender, stirring occasionally. Remove from heat. (You'll finish the puttanesca in Step 4.)

*\*If the pan seems dry while cooking, add another 1-2 teaspoons cooking oil.*



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## SEASON & COOK SALMON

- Pat **salmon fillets** dry with paper towels. Season with **mustard-herb seasoning** and salt.
- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **salmon**, skin sides down, to hot pan. Sear 4-5 minutes on each side, or until salmon is fully cooked.
- Transfer **salmon** to a plate.



4

## FINISH PUTTANESCA

- Add **olives and capers** to pan with **veggies**. Drizzle with about 1½ tablespoons olive oil. Stir to combine. Season with salt and pepper to taste.\*

*\*The olives and capers are already salty; season accordingly.*



5

## WARM VINAIGRETTE

- Return pan used for salmon to stovetop over medium-low heat. Add **parsley-seasoned roasted red pepper vinaigrette** to warm pan. Cook about 1 minute, or until vinaigrette is heated through, stirring occasionally.

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## PLATE YOUR DISH

- Divide **broccoli puttanesca** between plates. Serve **pan-seared salmon** over top. Drizzle with **red pepper vinaigrette**. Enjoy!





# Nutrition Facts

2 Servings per container

Serving size (389g)

Amount per serving

Calories 720

	% Daily Value*
Total Fat 59g	76%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 470mg	20%
Total Carbohydrate 14g	5%
Dietary Fiber 5g	18%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 33g	
Vitamin D 0mcg	0%
Calcium 86mg	6%
Iron 2mg	10%
Potassium 986mg	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:

**Salmon** [salmon], **Broccoli**, **Mustard-Herb Seasoning** (Celery Seeds, Dried Mustard, White Pepper, Dried Parsley, Dried Oregano, Dried Basil), **Roasted Red Pepper Vinaigrette** (Parsley, Roasted Red Peppers [bell pepper], Apple Cider Vinegar [apple cider vinegar], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Olive Oil [olive oil], Sea Salt, Black Pepper), **Kalamata Olives** [kalamata olives, water, red wine vinegar, sea salt], **Capers** [capers, water, vinegar, salt], **Roma Tomatoes**, **Yellow Onion**, **Garlic**

## Allergen information:

Contains 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.