



**GREEN
CHEF**

PINEAPPLE TERIYAKI SALMON

broccoli, bell pepper & carrot stir-fry, cashews

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

660

NET CARBS PER SERVING

31 GRAMS

MENU

PALEO // GLUTEN-FREE

Sweet pineapple, simmered with our teriyaki-style coconut aminos, creates a jammy, umami-rich sauce that's perfect for spooning over tonight's flaky salmon fillets. In this island-inspired dish, the fish gets a tropical accompaniment from a bountiful veggie stir-fry brightened with fresh ginger. Roasted cashews are sprinkled over the top for a buttery, nutty crunch in every bite.

INGREDIENTS (8 ITEMS)

6 oz **Broccoli**
1 unit **Red bell pepper**
1¾ oz **Pineapple**
½ oz **Roasted cashews** **T**
3½ oz **Carrots**
2 oz **Yellow onions**
& ½ oz **& ginger**
2¾ oz **Teriyaki-style coconut amino sauce** **T**
2 (5 oz) **Sustainably raised Atlantic salmon fillets*** **F**



CUSTOM CHEF

If you chose to modify your meal, follow the **Custom Chef** instructions on the flip side of this card.



2 (5 oz) Wild-caught sockeye salmon fillets* **F**
Calories: 550 Net Carbs: 31 grams

WHAT YOU'LL NEED

medium & large sauté pans
measuring spoons
thermometer
cooking oil
salt & pepper

ALLERGENS

T TREE NUTS (cashews, coconut)
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°.

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

- Cut **broccoli** into bite-size pieces if necessary.
- Cut **red bell pepper*** lengthwise into strips, about ¼ inch thick.
- Roughly chop **pineapple** (reserve any juice in pouch).
- Roughly chop **roasted cashews** if necessary.

**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 STIR-FRY VEGGIES

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **broccoli**, **bell pepper**, **carrots**, and **yellow onions and ginger** to hot pan. Season with salt and pepper. Cook 3-4 minutes, or until onions are translucent, stirring occasionally.
- Add about half the **teriyaki-style coconut amino sauce**. Cook 1-2 minutes, or until veggies are tender and sauce is warmed through, stirring occasionally. Season with salt and pepper to taste.

3 SEASON & COOK SALMON

- Pat **sustainably raised Atlantic salmon fillets** dry with paper towels. Season with salt and pepper.
- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **salmon**, skin sides up, to hot pan. Cook 4-6 minutes on each side, or until fully cooked.
- Transfer **salmon** to a plate.

🔄 Swap in **wild-caught sockeye salmon fillets** for sustainably raised Atlantic salmon fillets.

4 MAKE SAUCE

- Return pan used for salmon to stovetop over medium heat. Add **pineapple** (with any reserved juice). Cook about 1 minute, or until warmed through, stirring occasionally.
- Remove from heat. Add remaining **coconut amino sauce**. Stir to combine.

5 PLATE YOUR DISH

- Divide **salmon** between plates. Spoon **pineapple teriyaki sauce** over top. Serve **stir-fried veggies** next to salmon. Garnish with **cashews**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (459g)

Amount per serving

Calories **660**

| | % Daily Value* |
|-------------------------------|----------------|
| Total Fat 43g | 55% |
| Saturated Fat 6g | 30% |
| Trans Fat 0g | |
| Cholesterol 75mg | 25% |
| Sodium 580mg | 25% |
| Total Carbohydrate 37g | 13% |
| Dietary Fiber 6g | 21% |
| Total Sugars 23g | |
| Includes 0g Added Sugars | 0% |
| Protein 36g | |
| Vitamin D 7mcg | 35% |
| Calcium 92mg | 8% |
| Iron 3mg | 15% |
| Potassium 715mg | 15% |

* 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], **Pineapple** [pineapple], **Teriyaki-Style Coconut Amino Sauce** (Coconut Aminos [organic coconut nectar, organic pure coconut blossom sap, natural unrefined sea salt], Date Paste [organic dates], Pineapple Juice [pineapple juice], Orange Juice [organic orange juice], Puréed Ginger [ginger], Garlic, Apple Cider Vinegar [apple cider vinegar]), **Cashews** [cashews, canola and/or peanut and/or sunflower oil], **Yellow Onions**, **Ginger** [organic ginger, organic cane sugar, organic rice vinegar, citric acid], **Broccoli**, **Bell Peppers**, **Carrots**

Allergen information:

Contains Tree Nuts 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.