



**GREEN  
CHEF**

# SMOKY SALMON WITH RÉMOULADE

*Green beans, cabbage slaw with green apple & dried cranberries*

## COOK TIME

25 MIN

## SERVINGS

2

## CALORIES PER SERVING

870

## NET CARBS PER SERVING

23 GRAMS

## MENU

PALEO // GLUTEN-FREE

Punchy and creamy, French rémoulade is a mayonnaise-based cousin of tartar sauce, made with zingy horseradish and Dijon mustard. Our version (featuring paleo-friendly avocado mayo and briny capers) lends tangy creaminess to smoky salmon fillets in tonight's 25-minute dish. We pair the flaky fish with a refreshing cabbage-apple slaw and crisp-tender sautéed green beans. Bon appétit!

## INGREDIENTS (8 ITEMS)

2 (5 oz) **Salmon fillets** <sup>F</sup>  
 3 oz **Rémoulade with avocado mayo & horseradish** <sup>E</sup>  
 1 ¾ tsp **Smoky applewood spice blend**  
 6 oz **Green beans**  
 2 ¾ oz **Cabbage**  
 1 whole **Granny Smith apple**  
 1 oz **Dried cranberries**  
 1 oz **Rosemary white-wine vinaigrette**

## WHAT YOU'LL NEED

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

## ALLERGENS

<sup>F</sup> FISH (salmon)  
<sup>E</sup> 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.

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 400 degrees.
- Trim stem ends off **green beans**. Halve widthwise.
- Roughly chop **cabbage**\* if necessary.
- Stand **Granny Smith apple** upright and cut off sides around core; discard core. Medium dice into pieces, about ½ inch each.
- Roughly chop **dried cranberries**.

*\*Your cabbage may be a different color. Either way, this dish will still be delicious!*

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 & COOK FISH**

- Pat **salmon fillets** dry with paper towels. Season with **smoky applewood spice blend**.\*
- Heat about 1 ½ tablespoons cooking oil in a large oven-safe sauté pan. Add **salmon** to hot pan, skin-side up. Sear 2-3 minutes, or until salmon easily releases from pan.
- Flip **salmon**. Transfer pan to oven. Roast 5-7 minutes, or until salmon is fully cooked.\*\* (Salmon is fully cooked when internal temperature reaches 145 degrees and it easily flakes with a fork.)

*\*The spice blend already contains salt and pepper; no need to add extra.*

*\*\*Careful! 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.*

3

**SAUTÉ GREEN BEANS**

- Heat about 1 tablespoon cooking oil in a medium sauté pan over medium-high heat. Add **green beans** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 4-5 minutes, or until lightly browned, stirring occasionally.
- Add about ¼ cup water. Cook 3-4 minutes, or until green beans are tender and liquid cooks off, stirring occasionally.

4

**MAKE SLAW**

- Place **cabbage**, **apple**, and **dried cranberries** in a medium bowl. Drizzle with **rosemary white-wine vinaigrette** to taste. Salt and pepper to taste. Toss to combine.

5

**PLATE YOUR DISH**

- Divide **smoky salmon** between plates. Drizzle with **rémoulade with avocado mayo and horseradish** to taste. Pile **sautéed green beans** and **cabbage slaw with green apple** next to salmon. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (417g)

**Amount per serving**

**Calories** 870

|                               | % Daily Value* |
|-------------------------------|----------------|
| <b>Total Fat</b> 69g          | 88%            |
| Saturated Fat 10g             | 50%            |
| Trans Fat 0g                  |                |
| <b>Cholesterol</b> 110mg      | 37%            |
| <b>Sodium</b> 1110mg          | 48%            |
| <b>Total Carbohydrate</b> 29g | 11%            |
| Dietary Fiber 6g              | 21%            |
| Total Sugars 20g              |                |
| Includes 9g Added Sugars      | 18%            |
| <b>Protein</b> 31g            |                |
| Vitamin D 0mcg                | 0%             |
| Calcium 67mg                  | 6%             |
| Iron 3mg                      | 15%            |
| Potassium 832mg               | 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], **Smoky Applewood Spice Blend** (Sweet Paprika, Applewood-Smoked Sea Salt, Granulated Garlic, Dried Mustard, Smoked Paprika, Black Pepper, Dried Thyme), **Rémoulade with avocado mayo & horseradish** (Avocado Oil Mayonnaise [avocado oil, organic certified humane free range egg yolks, water, distilled vinegar, salt, lime juice concentrate, citric acid, lime oil], Capers [capers, water, vinegar, salt], Lemon Juice [lemon], Sweet Paprika, Horseradish [horseradish, water, white vinegar (gluten-free), sugar, salt, natural mustard oil], Dijon Mustard [grain vinegar, water, mustard seed, salt, spices ], Black Pepper), **Green Beans, Granny Smith Apple, Green Cabbage, Red Cabbage, Dried Cranberries** [cranberries, cane sugar, sunflower oil], **Rosemary Vinaigrette** (White Wine Vinegar [white wine vinegar], Lemon Juice [lemon], Stone-Ground Mustard [grain vinegar, water, mustard seed, salt, spices ], Ground Rosemary, Granulated Garlic, Sea Salt, Black Pepper, Olive Oil)

### 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.*

