



**GREEN  
CHEF**

## SESAME-GINGER SALMON

*black rice, roasted broccoli & carrot, sesame seeds*

### COOK TIME

40 MIN

### SERVINGS

2

### CALORIES PER SERVING

810

### MENU

GLUTEN-FREE

Black rice gives a striking and sophisticated edge to any meal, along with lots of fiber and rich flavors! Tonight the show-stopping grain serves as a base for flaky, sesame-ginger glazed salmon, lending a nutty chew to every luscious bite. A side of roasted broccoli and carrot adds earthy sweetness and bold pops of color to the dish.

### INGREDIENTS (7 ITEMS)

½ cup **Black rice**  
1 whole **Mushroom stock concentrate**  
6 oz **Broccoli**  
1 whole **Carrot**  
2 (5 oz) **Salmon fillets\*** F  
¾ oz **Sesame tamari sauce with ginger** S  
1 tsp **Black & white sesame seeds**

### WHAT YOU'LL NEED

small pot with lid  
baking sheet  
medium baking dish  
medium bowl  
measuring cup & spoons  
peeler  
thermometer  
oven mitt  
cooking oil  
salt & pepper

### ALLERGENS

F FISH (salmon)  
S SOY



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 COOK RICE

- Preheat oven to 425 degrees.
- Bring **black rice**, 1¼ cups water, and about ¼ teaspoon salt to a boil in a small pot. Stir, then reduce heat to medium-low and cover pot with lid. Simmer 30-35 minutes, or until rice is tender and water is mostly absorbed.
- Remove from heat. Let rest, covered, 5 minutes. If necessary, strain rice and return to pot. Add **mushroom stock concentrate**. Stir to combine.

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 PREP

- Cut **broccoli** into bite-size pieces if necessary.
- Cut top off **carrot** and peel. Slice across into rounds, about ¼ inch thick.

# 3 SEASON & ROAST VEGGIES

- Place **broccoli** and **carrot** in a medium bowl. Drizzle with 1-2 tablespoons cooking oil. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to coat.
- Spread **veggies** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 14-16 minutes, or until broccoli is just tender, stirring halfway through.

# 4 SEASON SALMON

- Pat **salmon fillets** dry with paper towels. Season with salt and pepper.
- Place **salmon** in a medium baking dish. Drizzle with about half of the **sesame tamari sauce with ginger**. Turn to evenly coat. Place skin sides down.

# 5 ROAST SALMON

- Transfer baking dish with **salmon** to oven. Roast 10-12 minutes, or until salmon is fully cooked.

# 6 PLATE YOUR DISH

- Divide **black rice** between plates. Top with **sesame-ginger salmon**. Drizzle with remaining **sesame tamari sauce**. Pile **roasted broccoli and carrot** on the side. Garnish with **black and white sesame seeds**. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (403g)

**Amount per serving**

**Calories** **810**

	% Daily Value*
<b>Total Fat</b> 45g	58%
Saturated Fat 8g	40%
Trans Fat 0g	
<b>Cholesterol</b> 75mg	25%
<b>Sodium</b> 1830mg	80%
<b>Total Carbohydrate</b> 61g	22%
Dietary Fiber 7g	25%
Total Sugars 10g	
Includes 5g Added Sugars	10%
<b>Protein</b> 40g	
Vitamin D 0mcg	0%
Calcium 98mg	8%
Iron 2mg	10%
Potassium 1131mg	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], **Sesame Tamari Sauce** (Garlic, Gluten-Free Tamari Sauce [water, soybeans, salt, sugar, alcohol, vinegar, lactic acid], Rice Wine Vinegar [rice vinegar diluted with water to 4.3% acidity], Puréed Ginger [ginger], Crushed Red Pepper Flakes, Agave [organic agave syrup], Lemon Juice [lemon], Sesame Oil [refined sesame oil], Toasted Sesame Oil [toasted sesame oil]), **Black Rice** [black rice], **Broccoli, Carrots, Mushroom Stock Concentrate** [mushroom juice concentrate, maltodextrin, salt, natural flavor, sugar, yeast extract, and xanthan gum], **Black & White Sesame Seeds** (White Sesame Seeds [hulled sesame seeds], Black Sesame Seeds [black sesame seeds])

### Allergen information:

Contains 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.*