



**GREEN  
CHEF**

## HOISIN-GLAZED SALMON

*Roasted broccoli, cabbage slaw with cashews, sesame seeds*

### COOK TIME

20 MIN

### SERVINGS

2

### CALORIES PER SERVING

740

### NET CARBS PER SERVING

27 GRAMS

### MENU

PALEO // GLUTEN-FREE

A quick trip in the oven transforms our hoisin-style amino sauce into a salty-sweet glaze for tonight's Asian-inspired salmon. Roasted to flaky perfection, the fish is paired with garlicky roasted broccoli and a citrusy cabbage and carrot slaw with cashews. A sprinkle of sesame seeds, plus a dash of crushed red pepper flakes, ties the 20-minute, umami-rich meal together.

### INGREDIENTS (9 ITEMS)

6 oz **Broccoli**  
 ¼ oz **Garlic**  
 3 ½ oz **Cabbage & carrots**  
 ½ oz **Dry-roasted cashews** T  
 1 tsp **White sesame seeds**  
 2 (5 oz) **Salmon fillets\*** F  
 3 ¼ oz **Hoisin-style amino sauce** T  
 1 ¼ oz **Citrus-seasoned amino sauce** T  
 ½ tsp **Crushed red pepper flakes**

### WHAT YOU'LL NEED

medium oven-safe sauté pan  
 baking sheet  
 medium bowl  
 measuring spoons  
 thermometer  
 oven mitt  
 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 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

- Preheat oven to 425 degrees.
- Cut **broccoli** into bite-size pieces if necessary.
- Mince **garlic**.
- Roughly chop **cabbage\*** and **carrots** if necessary.
- Roughly chop **dry-roasted cashews**.

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

## 4 COOKING FOR

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 &amp; ROAST BROCCOLI

- Place **broccoli** in a medium bowl. Drizzle with 1-2 tablespoons cooking oil. Add **garlic** and about half of the **white sesame seeds**. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to combine.
- Spread **broccoli** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 14-16 minutes, or until fork-tender, stirring halfway through.

## 3 SEASON &amp; SEAR SALMON

- Pat **salmon fillets** dry with paper towels. Season with salt and pepper.
- Heat about 1 ½ tablespoons cooking oil in a medium oven-safe sauté pan over medium-high heat. Add **salmon** to hot pan, skin-side up. Sear 2-3 minutes, or until salmon easily releases from pan.

## 4 GLAZE &amp; ROAST SALMON

- Flip **salmon**. Drizzle with **hoisin-style amino sauce**.
- Transfer pan to oven. Roast 6-8 minutes, or until salmon is fully cooked.\*

*\*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.*

## 5 MAKE SLAW

- Place **cabbage and carrots** and **cashews** in bowl used for broccoli. Drizzle with **citrus-seasoned amino sauce** to taste. Salt and pepper to taste. Toss to combine.

## 6 PLATE YOUR DISH

- Divide **hoisin-glazed salmon** between plates. Spoon any remaining **glaze** from pan over salmon. Garnish with remaining **sesame seeds**. Sprinkle with **crushed red pepper flakes** to taste (or omit). Serve **roasted broccoli** and **cabbage slaw with cashews** on the side. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (377g)

**Amount per serving**

**Calories** **740**

	% Daily Value*
<b>Total Fat</b> 53g	68%
Saturated Fat 9g	45%
Trans Fat 0g	
<b>Cholesterol</b> 75mg	25%
<b>Sodium</b> 1010mg	44%
<b>Total Carbohydrate</b> 31g	11%
Dietary Fiber 4g	14%
Total Sugars 15g	
Includes 9g Added Sugars	18%
<b>Protein</b> 34g	
Vitamin D 0mcg	0%
Calcium 121mg	10%
Iron 3mg	15%
Potassium 1238mg	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], **Hoisin-Style Amino Sauce** (Coconut Aminos [organic coconut tree sap, sea salt], Molasses [blackstrap molasses], Balsamic Vinegar [wine vinegar, concentrated grape must], Granulated Garlic, Lime Juice [lime]), **White Sesame Seeds** [hulled sesame seeds], **Garlic**, **Cashews** [cashews, canola and/or peanut and/or sunflower oil], **Red Cabbage**, **Carrots**, **Citrus Amino Sauce** (Coconut Aminos [organic coconut tree sap, sea salt], Orange Juice [organic orange juice], Lime Juice [lime], Granulated Garlic, Agave [organic agave syrup], Olive Oil [olive oil]), **Crushed Red Pepper Flakes**, **Broccoli**

### 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.*