



**GREEN
CHEF**

SALMON WITH BASIL PISTOU

orzo with chard, roasted peppers, artichokes, dates & pine nuts

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

1140

Pistou, a relative of pesto, is a classic Provençal sauce made from fresh basil, garlic, and olive oil. Here, it lends its bright, herby flavors to flaky oven-roasted salmon. The savory fillets are served alongside tender orzo strewn with sautéed chard, artichoke hearts, and sweet chewy dates. The dish is garnished with toasted pine nuts for a buttery crunch throughout.

INGREDIENTS (9 ITEMS)

6 oz **Orzo pasta** W
 2¾ oz **Green chard**
 1¼ oz **Artichoke hearts**
 ¼ oz **Garlic**
 1 oz **Dates**
 ½ oz **Pine nuts** T
 2 (5 oz) **Salmon fillets*** F
 2¼ oz **Roasted red peppers**
 3½ oz **Basil pistou**

WHAT YOU'LL NEED

medium pot
 medium oven-safe sauté pan
 large sauté pan
 measuring cup & spoons
 strainer
 thermometer
 oven mitt
 cooking & olive oils
 salt & pepper

ALLERGENS

W WHEAT
T TREE NUTS (pine nuts)
F FISH (salmon)



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

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 PASTA

- Preheat oven to 400 degrees.
- Bring a medium pot of lightly salted water to a boil. Add ½ cup of the **orzo pasta** to boiling water (reserve remaining orzo for another use). Cook 9-12 minutes, or until al dente, stirring occasionally.
- Strain **orzo**; shake off excess water. Return to pot. Drizzle with 1-2 teaspoons olive oil. Stir to coat.

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

- Remove and discard any thick center stems from **green chard***. Roughly chop leaves into bite-size pieces.
- Roughly chop **artichoke hearts**.
- Mince **garlic**.
- Small dice **dates** into pieces, about ¼ inch each.

**The ingredient you received may be a different color.*

3 TOAST PINE NUTS

- Place **pine nuts** in a dry medium oven-safe sauté pan over medium heat. Toast 3-4 minutes, or until fragrant, shaking pan frequently.
- Transfer **pine nuts** to a cutting board to cool. Roughly chop.

4 SEASON & COOK SALMON

- Pat **salmon fillets** dry with paper towels. Season with salt and pepper.
- Heat about 1½ tablespoons cooking oil in pan used for pine nuts over medium-high heat. Add **salmon** to hot pan, skin-side up. Sear about 3 minutes.
- Flip **salmon**. Transfer pan to oven. Roast 5-7 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 COOK VEGGIES

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **chard**, **roasted red peppers**, **artichokes**, and **garlic** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 2-3 minutes, or until chard has wilted, stirring occasionally.

6 FINISH PASTA & VEGGIES

- Transfer **orzo** to pan with **veggies**. Add **dates** and about 1 tablespoon of the **basil pistou**. Stir to combine. Season with salt and pepper to taste.*

**Taste the orzo and veggies after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious final product.*

7 PLATE YOUR DISH

- Divide **orzo with veggies** between plates. Top with **salmon**. Drizzle with remaining **basil pistou** to taste. Garnish with **toasted pine nuts**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (423g)

Amount per serving

Calories 1140

	% Daily Value*
Total Fat 67g	86%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 790mg	34%
Total Carbohydrate 88g	32%
Dietary Fiber 7g	25%
Total Sugars 18g	
Includes 3g Added Sugars	6%
Protein 45g	
Vitamin D 0mcg	0%
Calcium 75mg	6%
Iron 6mg	35%
Potassium 1097mg	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], Orzo Pasta [wheat semolina, niacin, iron lactate, thiamin mononitrate, riboflavin, folic acid], Dates, Garlic, Green Chard, Basil Pistou (Basil, Lemon Juice [lemon], Rice Wine Vinegar [rice vinegar diluted with water to 4.3% acidity], Agave [organic agave syrup], Puréed Ginger [ginger], Garlic, Red Onions, Sunflower Seeds [sunflower seeds, hulled], Sea Salt, Black Pepper, Sunflower Oil [high oleic sunflower oil]), Artichoke Hearts [hearts of artichokes, water, salt, citric acid], Roasted Red Peppers [bell pepper], Pine Nuts [pine nuts]

Allergen information:

Contains Tree Nuts, Wheat 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.