



HONEY-CITRUS GLAZED SALMON

mangos, jerk-spiced carrot fries, roasted broccoli

COOK TIME 30 MIN	SERVINGS 2	CALORIES PER SERVING 780	NET CARBS PER SERVING 32 GRAMS	MENU PALEO // GLUTEN-FREE
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This Jamaican-inspired dish exemplifies “sugar, spice, and everything nice”—and then some. Salmon is rubbed with our aromatic jerk spice blend (featuring thyme, allspice, and ginger), then seared to develop a toasty, golden crust. It’s topped with a honey-citrus glaze and popped in the oven along with juicy mangos to cook the fish to perfection and also impart roasty, caramelized flavors. Tender spiced carrot fries plus a side of roasted broccoli add delicious veggies to each plate. For a splash of citrusy brightness, squeeze fresh lime juice over it all.

INGREDIENTS (7 ITEMS)

- 3 whole **Carrots**
- 6 oz **Broccoli**
- 1½ oz **Mangos**
- 1 whole **Lime**
- 1 tbsp **Jerk spice blend** T
- 2 (5 oz) **Salmon fillets*** F
- ¾ oz **Honey-citrus glaze**

WHAT YOU’LL NEED

- medium oven-safe sauté pan
- baking sheet
- small bowl
- measuring spoons
- peeler
- microplane
- thermometer
- oven mitt
- cooking oil
- salt & pepper

ALLERGENS

- T TREE NUTS (coconut)
- F FISH (salmon)

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

Validate My Gluten Free Safe Spot
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 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 and peel **carrots**. Halve widthwise. Cut each half lengthwise into fries, about ½ inch thick.
- Cut **broccoli** into bite-size pieces if necessary.
- Roughly chop **mangos**.
- Zest whole **lime** with a microplane (or on small holes of a box grater) over a small bowl. Quarter **lime**.

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 & ROAST VEGGIES

- Place **carrots** on one side of a lightly oiled, foil-lined baking sheet. Drizzle with 1-2 tablespoons cooking oil. Season with about half of the **jerk spice blend**, about ¼ teaspoon salt, and a pinch of pepper. Stir to coat. Spread out in a single layer.
- Place **broccoli** on empty side of baking sheet. Drizzle with 1-2 tablespoons cooking oil. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to coat. Spread out in a single layer.
- Roast 18-20 minutes, or until veggies are tender and lightly browned, stirring halfway through.



3 SEASON SALMON

- Pat **salmon fillets** dry with paper towels. Place on a plate. Season with salt, pepper, and remaining **jerk spice blend**. Drizzle with about 1 tablespoon cooking oil. Rub to coat.



4 SEAR & ROAST SALMON

- Heat about 1½ tablespoons cooking oil in a medium oven-safe sauté pan over medium-high heat. Add **salmon**, skin sides up, to hot pan. Sear 2-3 minutes, or until salmon easily releases from pan.
- Flip **salmon**. Add **mangos** to pan. Drizzle **honey-citrus glaze** over salmon.
- Transfer pan to oven. Roast 5-7 minutes, or until salmon is fully cooked.*
- Transfer **salmon** to a cutting board.

**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 FINISH GLAZE

- Return pan with **mangos and honey-citrus glaze** to stovetop over medium-high heat. **(Careful! Pan handle is hot!)** Squeeze juice from 1-2 **lime wedges** over pan. Add about half of the **lime zest**. Season with salt and pepper. Stir to combine. Cook 2-3 minutes, or until glaze has slightly thickened, stirring frequently.

6 PLATE YOUR DISH

- Divide **salmon** between plates. Spoon **honey-citrus glaze with mangos** over top. Sprinkle with remaining **lime zest**. Pile **jerk-spiced carrot fries** and **roasted broccoli** on the side. Serve with remaining **lime wedges**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (531g)

Amount per serving

Calories **780**

	% Daily Value*
Total Fat 57g	73%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 800mg	35%
Total Carbohydrate 40g	15%
Dietary Fiber 8g	29%
Total Sugars 23g	
Includes 6g Added Sugars	12%
Protein 35g	
Vitamin D 0mcg	0%
Calcium 123mg	10%
Iron 3mg	15%
Potassium 921mg	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:

Mangos [mango], **Lime**, **Broccoli**, **Salmon** [salmon], **Honey-Citrus Glaze** (Orange Juice [organic orange juice], Pineapple Juice [pineapple juice], Lime Juice [lime], Honey [honey], Cilantro, Granulated Garlic, Puréed Ginger [ginger], Apple Cider Vinegar [apple cider vinegar]), **Carrots**, **Jerk Spice Blend** (Allspice [pimento], Nutmeg, Black Pepper, Dried Thyme, Ground Cayenne Pepper, Sweet Paprika, Coconut Sugar [organic coconut sugar], Granulated Garlic, Dried Ginger)

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.