



# PINEAPPLE TERIYAKI SALMON

*broccoli, bell pepper, carrot & ginger stir-fry*

<b>COOK TIME</b>	<b>SERVINGS</b>	<b>CALORIES PER SERVING</b>	<b>NET CARBS PER SERVING</b>	<b>MENU</b>
30 MIN	2	620	27 GRAMS	PALEO // GLUTEN-FREE

One bite of this island-inspired dish will transport your taste buds to a tropical paradise. Sweet pineapple is simmered with our teriyaki-style coconut amino sauce to create a jammy mixture that's perfect for spooning over flaky salmon fillets. On the side, there's a colorful veggie stir-fry featuring broccoli, red bell pepper, and carrots, all studded with fresh ginger for an aromatic boost. If you happen to have a lime on hand, we recommend cutting it into wedges and serving on the side for a tart and tangy touch.

## INGREDIENTS (7 ITEMS)

6 oz	<b>Broccoli</b>
1 unit	<b>Red bell pepper</b>
1¾ oz	<b>Pineapple</b>
3½ oz	<b>Carrots</b>
2 oz & ¼ oz	<b>Yellow onions &amp; ginger</b>
2¾ oz	<b>Teriyaki-style coconut amino sauce</b> <span>T</span>
2 (5 oz)	<b>Salmon fillets*</b> <span>F</span>

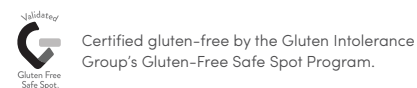
## WHAT YOU'LL NEED

medium & large sauté pans  
measuring spoons  
thermometer  
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.



**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

- Cut **broccoli** into bite-size pieces if necessary.
- Cut **red bell pepper\*** lengthwise into strips, about ¼ inch thick.
- Roughly chop **pineapple** (reserve any juice in pouch).

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

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

## STIR-FRY VEGGIES

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **broccoli**, **bell pepper**, **carrots**, and **yellow onions and ginger** to hot pan. Season with salt and pepper. Cook 3-4 minutes, or until onions are translucent, stirring occasionally.
- Add about half of the **teriyaki-style coconut amino sauce**. Cook 1-2 minutes, or until veggies are tender and sauce is heated through, stirring occasionally. Season with salt and pepper to taste.



## 3

## SEASON &amp; COOK SALMON

- Pat **salmon fillets** dry with paper towels. Season with salt and pepper.
- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **salmon**, skin sides up, to hot pan. Cook 4-6 minutes on each side, or until salmon is fully cooked.
- Transfer to a plate.



## 4

## MAKE SAUCE

- Return pan used for salmon to stovetop over medium heat. Add **pineapple** (with reserved juice). Cook about 1 minute, or until pineapple is warmed through, stirring occasionally.
- Remove from heat. Add remaining **coconut amino sauce**. Stir to combine.



## 5

## PLATE YOUR DISH

- Divide **salmon** between plates. Spoon **pineapple teriyaki sauce** over top. Serve **veggie stir-fry** next to salmon. Enjoy!



# Nutrition Facts

2 Servings per container

Serving size (452g)

Amount per serving

Calories 620

	% Daily Value*
<b>Total Fat</b> 40g	51%
Saturated Fat 7g	35%
Trans Fat 0g	
<b>Cholesterol</b> 75mg	25%
<b>Sodium</b> 530mg	23%
<b>Total Carbohydrate</b> 33g	12%
Dietary Fiber 6g	21%
Total Sugars 17g	
Includes 0g Added Sugars	0%
<b>Protein</b> 33g	
Vitamin D 0mcg	0%
Calcium 83mg	6%
Iron 2mg	10%
Potassium 1203mg	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], Pineapple [pineapple], Teriyaki-Style Coconut Amino Sauce (Coconut Aminos [organic coconut tree sap, sea salt], Date Paste [organic dates], Pineapple Juice [pineapple juice], Orange Juice [organic orange juice], Puréed Ginger [ginger], Garlic, Apple Cider Vinegar [apple cider vinegar]), Yellow Onions, Ginger [organic ginger, water, citric acid, salt], Broccoli, Bell Peppers, Carrots

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.