



MEDITERRANEAN SALMON

roasted grape tomatoes & thyme, couscous, feta cheese

COOK TIME	SERVINGS	CALORIES PER SERVING	MENU
30 MIN	2	940	MEDI

This Mediterranean-inspired dish is bursting with fresh flavors that will transport your taste buds to the seaside. Salmon is rubbed with our smoked paprika and garlic blend, then pan-seared to a flaky finish. For a savory base, toasted pearl couscous is simmered with garlic, fresh thyme, and vegetable stock, then tossed with a cumin-herb lemon vinaigrette and briny feta cheese. The mixture is dotted with meltingly sweet roasted grape tomatoes, then topped with the salmon and even more feta. All you need to complete the meal is sand between your toes and wind in your hair (unfortunately, not included).

INGREDIENTS (9 ITEMS)

¼ oz	Garlic
⅛ oz	Thyme
4 oz	Grape tomatoes
½ cup	Toasted pearl couscous <small>W</small>
1 whole	Vegetable stock concentrate
2 (5 oz)	Salmon fillets* <small>F</small>
1 tsp	Smoked paprika & garlic blend
2 oz	Cumin-herb lemon vinaigrette with fresh garlic
2 oz	Feta cheese <small>M</small>

WHAT YOU'LL NEED

medium pot
medium nonstick pan
baking sheet
large bowl
measuring cup & spoons
thermometer
oven mitt
cooking & olive oils
salt & pepper

ALLERGENS

- W WHEAT
- F FISH (salmon)
- M MILK



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

- Preheat oven to 425 degrees.
- Mince **garlic**.
- De-stem **thyme**; finely chop leaves.
- Halve **grape tomatoes**.

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 START COUSCOUS

- Heat 1 tablespoon olive oil in a medium pot over medium heat. Add **garlic**, **toasted pearl couscous**, and about half of the **thyme** to hot pot. Lightly season with salt and pepper. Cook about 1 minute, or until garlic is fragrant, stirring frequently.
- Add 1¼ cups water to pot. Bring to a boil. Stir in **vegetable stock concentrate**. Reduce heat to medium low. Simmer 11-14 minutes, or until couscous is al dente and water has absorbed.
- Remove from heat. (You'll finish the couscous in Step 5.)

3 SEASON & ROAST TOMATOES

- Place **tomatoes** and remaining **thyme** in a large bowl. Drizzle with 1 tablespoon cooking oil. Lightly season with salt and pepper. Stir to combine.
- Spread out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 5-8 minutes, or until tomatoes are blistered, stirring halfway through.

4 SEASON & COOK SALMON

- Pat **salmon fillets** dry with paper towels. Place on a plate. Season with **smoked paprika and garlic blend**, salt, and pepper. Drizzle with 1 tablespoon cooking oil. Rub to evenly coat.
- Heat 1½ tablespoons cooking oil in a medium nonstick pan over medium-high heat. Add **salmon**, skin sides down, to hot pan. Cook 4-5 minutes on each side, or until fully cooked. Remove from heat.

5 FINISH COUSCOUS

- Add **cumin-herb lemon vinaigrette with fresh garlic** and about half of the **feta cheese** to pot with **couscous**. Season with ¼ teaspoon salt and a pinch of pepper. Stir to combine.

6 PLATE YOUR DISH

- Divide **couscous** between plates. Top with **roasted grape tomatoes and thyme**. Serve **Mediterranean salmon** over top. Garnish with remaining **feta cheese**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (345g)

Amount per serving

Calories **940**

	% Daily Value*
Total Fat 69g	88%
Saturated Fat 12g	60%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 970mg	42%
Total Carbohydrate 40g	15%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 2g Added Sugars	4%
Protein 40g	
Vitamin D 0mcg	0%
Calcium 163mg	15%
Iron 2mg	10%
Potassium 79mg	2%

* 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], **Thyme**, **Garlic**, **Toasted Pearl Couscous** [pearled couscous (wheat flour)], **Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Grape Tomatoes**, **Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot , celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **Seasoned Lemon Vinaigrette** (Lemon Juice [lemon], White Wine Vinegar [aged white wine vinegar], Garlic, Sea Salt, Ground Cumin, Parsley, Basil, Agave [organic agave syrup], Sunflower Oil [high oleic sunflower oil]), **Smoked Paprika & Garlic Blend** (Granulated Garlic, Smoked Paprika)

Allergen information:

Contains Milk, 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.