



**GREEN
CHEF**

HOISIN-GLAZED SALMON

roasted broccoli, cashew slaw, sesame seeds

COOK TIME

20 MIN

SERVINGS

2

CALORIES PER SERVING

680

NET CARBS PER SERVING

30 GRAMS

MENU

PALEO // GLUTEN-FREE // FAST & FIT

A quick trip in the oven transforms our hoisin-style amino sauce into a salty-sweet glaze for tonight's Asian-inspired salmon. The flaky roasted 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 red pepper flakes, ties the 20-minute, umami-rich meal together.

INGREDIENTS (9 ITEMS)

6 oz **Broccoli**
 ¼ oz **Garlic**
 3½ oz **Cabbage & carrots**
 ½ oz **Roasted cashews** T
 1 tsp **White sesame seeds**
 2 (5 oz) **Salmon fillets*** F
 ¾ oz **Hoisin-style amino sauce** T
 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 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 **roasted cashews**.

**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 SEASON & ROAST BROCCOLI

- Place **broccoli** in a medium bowl. Drizzle with 1 tablespoon cooking oil. Add **garlic** and about half of the **white sesame seeds**. Season with 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. (Reserve bowl.) Roast 14-16 minutes, or until fork-tender, stirring halfway through.

3 SEASON & SEAR SALMON

- Pat **salmon fillets** dry with paper towels. Season with salt and pepper.
- Heat 1 tablespoon 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.

4 GLAZE & ROAST SALMON

- Flip **salmon**. Drizzle with **hoisin-style amino sauce**.
- Transfer pan to oven. Roast 6-8 minutes, or until 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. Toss to combine. Season with salt and pepper to taste.

6 PLATE YOUR DISH

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



Nutrition Facts

2 Servings per container

Serving size (370g)

Amount per serving

Calories **680**

	% Daily Value*
Total Fat 48g	62%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 1080mg	47%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 22g	
Includes 7g Added Sugars	14%
Protein 35g	
Vitamin D 0mcg	0%
Calcium 162mg	10%
Iron 5mg	30%
Potassium 728mg	15%

* 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 nectar, organic pure coconut blossom sap, natural unrefined sea salt], Molasses [blackstrap molasses], Balsamic Vinegar [wine vinegar, concentrated grape must, caramel color], 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 nectar, organic pure coconut blossom sap, natural unrefined 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.