



SALMON WITH CAPER SAUCE

roasted potatoes, kale with red peppers, feta & almonds

COOK TIME
35 MIN

SERVINGS
2

CALORIES PER SERVING
890

MENU
MEDITERRANEAN // GLUTEN-FREE

Capers are a classic pairing for fish, and for good reason—the tangy pickled buds add briny, savory complexity to seafood. In tonight’s delectable dish, our luscious lemon-basil caper sauce is drizzled over flaky roasted salmon fillets. Spanish-style roasted potatoes add a smoky, peppery element to the plate, while sautéed kale with roasted red peppers, feta, and almonds lends earthy-sweet flavors on the side.

INGREDIENTS (9 ITEMS)

- 9½ oz **Red potatoes**
- ½ oz **Roasted almonds** T
- 3½ oz **Green kale**
- 1 tsp **Smoky Spanish-style seasoning**
- 2 (5 oz) **Salmon fillets*** F
- 1 tsp **Paprika & orange spice blend**
- 2¼ oz **Roasted red peppers**
- 2 oz **Feta cheese** M
- 1½ oz **Lemon-basil caper sauce**

WHAT YOU’LL NEED

- large sauté pan
- 2 baking sheets
- medium bowl
- measuring spoons
- thermometer
- oven mitt
- cooking oil
- salt & pepper

ALLERGENS

- T TREE NUTS (almonds)
- F FISH (salmon)
- M MILK

COOKING TIP 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.

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.
- Medium dice **red potatoes*** into pieces, about ½ inch each.
- Roughly chop **roasted almonds**.
- Remove and discard any thick center stems from **green kale***. Roughly chop leaves into bite-size pieces.

**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 POTATOES

- Place **potatoes** in a medium bowl. Drizzle with 1½ tablespoons cooking oil. Season with **smoky Spanish-style seasoning**, ½ teaspoon salt, and a pinch of pepper. Stir to coat.
- Spread **potatoes** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 20-22 minutes, or until fork-tender, stirring halfway through.

3 SEASON & SEAR SALMON

- Pat **salmon filets** dry with paper towels. Season with **paprika and orange spice blend**, salt, and pepper. Drizzle with 1 tablespoon cooking oil. Rub to coat.
- Heat 1 teaspoon cooking oil in a large sauté pan over medium-high heat. Add **salmon**, skin sides down, to hot pan. Sear 2-3 minutes on each side.

4 ROAST SALMON

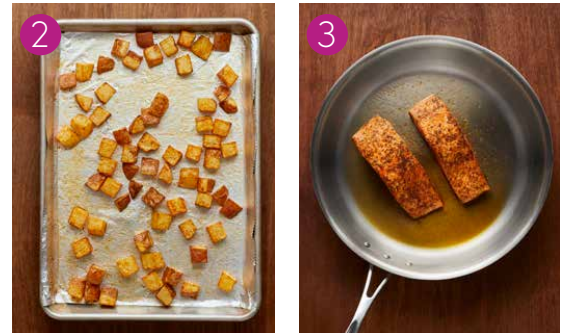
- Transfer **salmon** to a second lightly oiled, foil-lined baking sheet. Roast 4-5 minutes, or until fully cooked.

5 COOK VEGGIES

- Heat 1½ tablespoons cooking oil in pan used for salmon over medium-high heat. Add **roasted red peppers** and **almonds** to hot pan. Lightly season with salt and pepper. Cook 1-2 minutes, or until roasted red peppers are warmed through, stirring occasionally.
- Add **kale**. Cook 1-2 minutes, or until kale is lightly wilted, stirring occasionally.
- Remove from heat. Add **feta cheese**. Stir to combine.

6 PLATE YOUR DISH

- Divide **roasted salmon** between plates. Drizzle with **lemon-basil caper sauce** to taste. Pile **roasted potatoes** and **sautéed kale with red peppers, feta, and almonds** next to salmon. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (450g)

Amount per serving

Calories **890**

	% Daily Value*
Total Fat 68g	87%
Saturated Fat 12g	60%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 1510mg	66%
Total Carbohydrate 33g	12%
Dietary Fiber 6g	21%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 40g	
Vitamin D 0mcg	0%
Calcium 240mg	20%
Iron 3mg	15%
Potassium 1022mg	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:

Lemon-Basil Caper Sauce (Lemon Juice [lemon], White Balsamic Vinegar [aged white wine vinegar and must of white grapes], Basil, Capers [capers, water, vinegar, salt], Olive Oil [olive oil]), **Roasted Red Peppers** [bell pepper], **Green Kale**, **Red Potatoes**, **Smoky Spanish-Style Seasoning** (Granulated Garlic, Ground Cumin, Cinnamon, Ground Coriander, Crushed Red Pepper Flakes, Sweet Paprika, Smoked Paprika, Ground Fennel, Applewood-Smoked Sea Salt), **Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Almonds** [almonds], **Salmon** [salmon], **Paprika & Orange Spice Blend** (Sweet Paprika, Smoked Paprika, Dried Orange Peel, Dried Parsley, Sea Salt, Black Pepper)

Allergen information:

Contains Tree Nuts, Milk 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.