

SALMON WITH LEMON CAPER SAUCE

butternut squash, broccoli, artichokes, sun-dried tomatoes

COOK TIME 30 MIN	SERVINGS 2	CALORIES PER SERVING 830	NET CARBS PER SERVING 20 GRAMS	MENU PALEO // GLUTEN-FREE // MEDI
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The secret to tonight’s flavor-packed seafood dish? Our luscious lemon caper sauce with basil, which brings bright and tangy flavors to pan-seared salmon fillets. The fish is served over a colorful base of garlicky sautéed broccoli, artichokes, and sun-dried tomatoes. Roasted butternut squash with toasted almonds makes for an earthy-sweet side.

INGREDIENTS (8 ITEMS)

- 8¾ oz **Butternut squash**
- 2 (5 oz) **Salmon fillets*** F
- 2½ oz **Lemon caper sauce with basil**
- 6 oz **Broccoli**
- 1 oz **Artichoke hearts**
- ½ oz **Sun-dried tomatoes**
- ¼ oz **Garlic**
- ½ oz **Sliced almonds** T


WHAT YOU’LL NEED

- large sauté pan
- large nonstick pan
- baking sheet
- mixing bowls
- measuring spoons
- peeler
- thermometer
- oven mitt
- cooking & olive oils
- salt & pepper

ALLERGENS

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

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

Validate
 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 START PREP & ROAST SQUASH

- Preheat oven to 400 degrees.
- Remove any seeds from **butternut squash** with a spoon. Carefully peel with a sharp peeler.* Medium dice into pieces, about ½ inch each.
- Place **squash** in a medium bowl. Drizzle with 1 tablespoon cooking oil. Season with ¼ teaspoon salt and a pinch of pepper. Stir to coat.
- Spread **squash** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 15-18 minutes, or until mostly tender, stirring halfway through. (You'll finish the squash in Step 6.)

**If you don't have a sharp peeler, carefully use a sharp knife. Place squash cut sides down, then slice away the skin, curving your knife with the shape of the squash as you go.*

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 MARINATE SALMON

- Pat **salmon fillets** dry with paper towels. Place in bowl used for squash. Season with salt and pepper. Drizzle with about 2 teaspoons of the **lemon caper sauce with basil**. Turn to coat. Marinate at least 5 minutes, turning occasionally.

3 FINISH PREP

- Cut **broccoli** lengthwise into slices, about ¼ inch thick.
- Roughly chop **artichoke hearts**.
- Place **sun-dried tomatoes** in a small bowl. Cover with water. Let soak at least 5 minutes, or until softened. Once softened, roughly chop **tomatoes** (discard soaking liquid).
- Mince **garlic**.

4 COOK SALMON

- Heat 1½ tablespoons cooking oil in a large nonstick pan over medium-high heat. Remove **salmon** from marinade (discard excess marinade). Add **salmon**, skin sides up, to hot pan. Sear 4-5 minutes on each side, or until fully cooked.

5 SAUTÉ VEGGIES

- Heat 1½ tablespoons olive oil in a large sauté pan over medium heat. Add **broccoli**, **artichokes**, **tomatoes**, and **garlic** to hot pan. Cook 4-5 minutes, or until broccoli is tender, stirring occasionally. Season with salt and pepper to taste.

6 FINISH SQUASH

- Sprinkle **sliced almonds** over baking sheet with **squash**. (Careful! Baking sheet is hot!)
- Roast 2-3 minutes, or until almonds are toasted and squash is fork-tender.

7 PLATE YOUR DISH

- Divide **butternut squash with almonds** and **sautéed veggies** between plates. Serve **salmon** over top. Drizzle with remaining **lemon caper sauce**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (439g)

Amount per serving

Calories **830**

	% Daily Value*
Total Fat 65g	83%
Saturated Fat 11g	55%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 600mg	26%
Total Carbohydrate 28g	10%
Dietary Fiber 8g	29%
Total Sugars 9g	
Includes 1g Added Sugars	2%
Protein 36g	
Vitamin D 0mcg	0%
Calcium 147mg	10%
Iron 4mg	20%
Potassium 1524mg	30%

* 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], **Broccoli**, **Artichoke Hearts** [hearts of artichokes, water, salt, citric acid], **Sun-Dried Tomatoes** [organic dried tomatoes], **Garlic**, **Almonds** [almonds], **Lemon-Basil Caper Sauce** (Lemon Juice [lemon], White Balsamic Vinegar [aged white wine vinegar and must of white grapes], Agave [organic agave syrup], Basil, Capers [capers, water, vinegar, salt], Olive Oil [olive oil]), **Butternut Squash**

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.