



**GREEN
CHEF**

SALMON WITH LEMON CAPER SAUCE

butternut squash, broccoli, artichokes, sun-dried tomatoes

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

820

NET CARBS PER SERVING

20 GRAMS

MENU

KETO // PALEO // GLUTEN-FREE
// MEDITERRANEAN

The secret to tonight's flavor-packed seafood dish? Our luscious lemon-basil caper sauce, 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-basil caper sauce**
6 oz **Broccoli**
1¼ oz **Artichoke hearts**
¼ oz **Sun-dried tomatoes**
¼ oz **Garlic**
½ oz **Sliced almonds** T

WHAT YOU'LL NEED

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

ALLERGENS

F FISH (salmon)
T TREE NUTS (almonds)



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](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

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

3 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-basil caper sauce**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (439g)

Amount per serving

Calories 820

| | % Daily Value* |
|--------------------------|----------------|
| Total Fat 66g | 85% |
| Saturated Fat 9g | 45% |
| Trans Fat 0g | |
| Cholesterol 75mg | 25% |
| Sodium 610mg | 27% |
| Total Carbohydrate 27g | 10% |
| Dietary Fiber 7g | 25% |
| Total Sugars 6g | |
| Includes 0g Added Sugars | 0% |
| Protein 37g | |
| Vitamin D 0mcg | 0% |
| Calcium 154mg | 10% |
| Iron 4mg | 20% |
| Potassium 1094mg | 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], **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], 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.