

**GREEN
CHEF**

SEARED SALMON WITH FATTOUSH SALAD

cucumber, olive & feta tapenade, lemon-Dijon vinaigrette

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

740

MENU

MEDI

Tonight's Mediterranean meal features succulent salmon over a crisp fattoush-style salad. Our take on this popular Levantine salad is a textural extravaganza of massaged kale tossed in a tangy lemon-Dijon vinaigrette with cucumber, feta, and toasted whole-wheat pita bits. The cucumber, feta, and vinaigrette also make an appearance in the kalamata olive tapenade that's spooned over the seared fish fillets.

INGREDIENTS (8 ITEMS)

1 whole **Whole-wheat pita bread** ^W
 1 whole **Cucumber**
 ⅓ oz **Kalamata olives**
 2¾ oz **Green kale**
 1 tbsp **Spicy cumin-allspice blend**
 2 oz **Feta cheese** ^M
 2 oz **Lemon-Dijon vinaigrette with olive oil**
 2 (5 oz) **Salmon fillets*** ^F

WHAT YOU'LL NEED

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

ALLERGENS

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



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.
- Halve **whole-wheat pita bread** horizontally. Stack **pita bread**. Medium dice into pieces, about ½ inch each.
- Cut ends off **cucumber**. Peel if desired. Small dice about ¼ of the **cucumber** into pieces. Quarter remaining **cucumber** lengthwise. Lay flat and slice across into quarter-moons, about ¼ inch thick.
- Finely chop **Kalamata olives**.
- 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

TOAST PITA

- Place **pita** on a foil-lined baking sheet. Drizzle with 1 teaspoon olive oil. Season with about half of the **spicy cumin-allspice blend** and a small pinch of salt and pepper. Stir to coat.
- Toast 8–10 minutes, or until crispy.

3

MAKE TAPENADE

- Place **diced cucumber**, **olives**, about half of the **feta cheese**, and about 2 teaspoons of the **lemon-Dijon vinaigrette with olive oil** in a small bowl. Drizzle with 1 teaspoon olive oil. Stir to combine. Season with salt and pepper to taste.

4

SEASON & COOK SALMON

- Pat **salmon fillets** dry with paper towels. Season with salt, pepper, and remaining **spicy cumin-allspice blend**.
- Heat 1 teaspoon cooking oil in a medium nonstick pan over medium heat. Add **salmon**, skin sides up, to hot pan. Sear 5–6 minutes on each side, or until fully cooked.

5

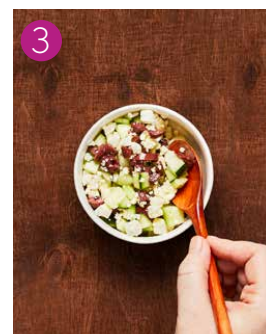
MAKE SALAD

- Place **kale** in a large bowl. Drizzle with remaining **lemon-Dijon vinaigrette**. Lightly season with salt. Massage until leaves soften.
- Add **toasted pita**, **sliced cucumber**, and remaining **feta** to bowl. Toss to combine.

6

PLATE YOUR DISH

- Divide **seared salmon** between plates. Spoon **olive and feta tapenade** over top as desired. Serve **fattoush salad** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (409g)

Amount per serving

Calories 740

	% Daily Value*
Total Fat 52g	67%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 800mg	35%
Total Carbohydrate 29g	11%
Dietary Fiber 5g	18%
Total Sugars 5g	
Includes 1g Added Sugars	2%
Protein 40g	
Vitamin D 0mcg	0%
Calcium 215mg	15%
Iron 2mg	10%
Potassium 482mg	10%

* 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], **Cucumber**, **Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Kalamata Olives** [kalamata olives, water, red wine vinegar, sea salt], **Green Kale**, **Whole-Wheat Pita Breads** [stoneground whole wheat flour, water, sugar, yeast, wheat gluten, contains 2% or less of: salt, wheat starch, maltodextrin, microcrystalline cellulose, dough conditioner (bromelain), calcium propionate], **Lemon-Dijon Vinaigrette** (Lemon Juice [lemon], White Balsamic Vinegar [aged white wine vinegar and must of white grapes], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Sea Salt, Black Pepper, Olive Oil [olive oil]), **Spicy Cumin-Allspice Blend** (Ground Cumin, Granulated Garlic, Onion Powder, Ground Coriander, Ground Cayenne Pepper, Allspice [pimento])

Allergen information:

Contains Wheat, 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.