



**GREEN
CHEF**

SALMON WITH RED PEPPER & RAISIN COUSCOUS

lemon caper sauce, sautéed kale with walnuts

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

920

MENU

MEDITERRANEAN

Transport yourself to the blue waters of the Mediterranean with this vibrant meal loaded with bright flavors. Tender seared salmon is topped with a tangy lemon sauce that's made wonderfully briny with capers. It's the perfect complement to the red pepper pearl couscous that gets pops of sweetness from raisins. To complete the meal, there's kale sautéed with walnuts, adding great texture and a nutty crunch.

INGREDIENTS (9 ITEMS)

½ cup **Toasted pearl couscous** **W**
 2¼ oz **Roasted red peppers**
 4 oz **Green kale**
 ½ oz **Walnuts** **T**
 ¼ oz **Garlic**
 ½ oz **Capers**
 2 (5 oz) **Sustainably raised Atlantic salmon*** **F**
 3 oz **Vegetable broth with lemon juice**
 1 oz **Raisins**



CUSTOM CHEF

If you chose to modify your meal, follow the Custom Chef instructions on the flip side of this card.



2 (5 oz) Wild-caught sockeye salmon* **F**
 Calories: 810

WHAT YOU'LL NEED

small pot
 medium nonstick pan
 large sauté pan
 measuring cup & spoons
 thermometer
 cooking & olive oils
 2 tbsp butter **M**
 salt & pepper

ALLERGENS

W WHEAT **T** TREE NUTS (walnuts)
F FISH (salmon) **M** MILK



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°.

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 COOK COUSCOUS

- Bring 1¼ cups water and ¼ teaspoon salt to a boil in a small pot. Once boiling, stir in **toasted pearl couscous** and **roasted red peppers**. Reduce heat to medium low. Simmer 11-14 minutes, or until couscous is al dente and water has absorbed.
- Remove from heat. Drizzle with 1 tablespoon olive oil. Stir to coat. (You'll finish the couscous in Step 6.)

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 PREP

- Remove and discard any thick center stems* from **green kale****. Roughly chop leaves into bite-size pieces.
- Roughly chop **walnuts** if necessary.
- Mince **garlic**.
- Roughly chop **capers**.

**To quickly prep, hold the stem end with one hand; pinch and strip the leaves down and away with your other hand (like pulling a zipper!).*

***The ingredient you received may be a different color.*

3 COOK SALMON

- Pat **sustainably raised Atlantic salmon** dry with paper towels. Lightly season with salt and pepper.
- Heat 1½ tablespoons cooking oil in a medium nonstick pan over medium-high heat. Add **salmon**, skin sides down, to hot pan. Sear 4-5 minutes on each side, or until fully cooked. Turn off heat.
- Transfer **salmon** to a plate. (Carefully wipe out pan.)

🔄 Swap in **wild-caught sockeye salmon** for sustainably raised Atlantic salmon.

4 SAUTÉ KALE

- Heat 1 tablespoon cooking oil in a large sauté pan over medium heat. Add **kale**, **walnuts**, half the **garlic**, and 1-2 tablespoons water to hot pan. Season with salt and pepper. Cook 2-3 minutes, or until kale is wilted and walnuts are lightly toasted, stirring occasionally.

5 MAKE SAUCE

- Heat 1-2 teaspoons olive oil in pan used for salmon over medium heat. Add **capers** and remaining **garlic** to hot pan. Cook about 1 minute, or until garlic is fragrant, stirring frequently.
- Add **vegetable broth with lemon juice**. Simmer 3-4 minutes, or until sauce has reduced slightly, stirring occasionally.
- Remove from heat. Add 2 tablespoons butter. Stir until butter has melted.

6 FINISH COUSCOUS

- Add **raisins** to pot with **couscous**. Stir to combine.

7 PLATE YOUR DISH

- Divide **salmon** between plates. Spoon **lemon caper sauce** over top. Serve **red pepper and raisin couscous** and **sautéed kale with walnuts** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (379g)

Amount per serving

Calories 920

	% Daily Value*
Total Fat 63g	81%
Saturated Fat 14g	70%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 580mg	25%
Total Carbohydrate 51g	19%
Dietary Fiber 5g	18%
Total Sugars 16g	
Includes 0g Added Sugars	0%
Protein 39g	
Vitamin D 0mcg	0%
Calcium 113mg	8%
Iron 3mg	15%
Potassium 355mg	8%

* 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], Green Kale, Walnuts [walnuts], Garlic, Capers [capers, water, vinegar, salt], Roasted Red Peppers [bell pepper], Toasted Pearl Couscous [pearled couscous (wheat flour)], Raisins [Thompson raisins], Lemon Vegetable Broth (Lemon Juice [lemon], Vegetable Broth [water, carrots, celery, onions, leeks, tomato puree (tomatoes, sea salt, citric acid), mushrooms, garlic, spices, sea salt])

Allergen information:
Contains Wheat, 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.