



**GREEN
CHEF**

SALMON WITH CHIVE CREAM SAUCE

green beans, cauliflower "rice" with roasted red peppers

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

750

NET CARBS PER SERVING

9 GRAMS

MENU

KETO // GLUTEN-FREE

The sauce is the boss in this elegant salmon meal. Cream sauce gets a bit of zip from Dijon mustard and herby freshness from chives. This luscious mixture is meant for drizzling over the succulent salmon fillets, but we promise that you won't be mad if some of it runs off onto your roasted green beans and cauliflower "rice."

INGREDIENTS (9 ITEMS)

6 oz **Green beans**
 1/8 oz **Chives**
 2 (5 oz) **Sustainably raised Atlantic salmon*** **F**
 6 1/2 oz **Cauliflower "rice"**
 1 oz **Roasted red peppers**
 1/2 tsp **Italian-style spices & dill**
 1 oz **Sour cream** **M**
 1 oz **Cream cheese** **M**
 1/4 oz **Dijon mustard**



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*
 Calories: 640 Net Carbs: 9 grams

WHAT YOU'LL NEED

medium sauté pan
 medium nonstick pan
 baking sheet
 measuring spoons
 thermometer
 oven mitt
 cooking oil
 2 tbsp butter **M**
 salt & pepper

ALLERGENS

F FISH (salmon)
M MILK



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°.

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.
- Trim stem ends off **green beans**. Halve widthwise.
- Mince **chives**.

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 GREEN BEANS

- Place **green beans** on a lightly oiled, foil-lined baking sheet. Drizzle with about 1 tablespoon cooking oil. Lightly season with salt and pepper. Stir to coat. Spread out in a single layer.
- Roast 8-10 minutes, or until fork-tender, stirring halfway through.

3 SEASON & COOK SALMON

- Pat **sustainably raised Atlantic salmon** dry with paper towels. Season with salt and pepper.
- Heat about 1½ tablespoons 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.
- Turn off heat. Transfer **salmon** to a plate. (Carefully wipe out pan.)

🔄 Swap in **wild-caught sockeye salmon** for sustainably raised Atlantic salmon. Sear 4-6 minutes on each side, or until fully cooked.

4 COOK CAULIFLOWER "RICE"

- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **cauliflower "rice"** and **roasted red peppers** to hot pan. Season with **Italian-style spices and dill** and about ¼ teaspoon salt.
- Cook 4-5 minutes, or until cauliflower is tender, stirring occasionally.
- Remove from heat. Add 1 tablespoon butter. Stir until butter has melted.

5 MAKE SAUCE

- Return pan used for salmon to stovetop over medium heat. Add **sour cream**, **cream cheese**, and 2 tablespoons water. Simmer 1-2 minutes, until combined, stirring frequently.
- Remove from heat. Add **Dijon mustard**, **chives**, and 1 tablespoon butter. Stir until butter has melted. Season with salt and pepper to taste.

6 PLATE YOUR DISH

- Divide **cauliflower "rice" with roasted red peppers** between plates. Top with **salmon**. Drizzle with **chive cream sauce**. Serve **green beans** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (401g)

Amount per serving

Calories 750

	% Daily Value*
Total Fat 62g	79%
Saturated Fat 16g	80%
Trans Fat 0g	
Cholesterol 120mg	40%
Sodium 590mg	26%
Total Carbohydrate 13g	5%
Dietary Fiber 4g	14%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 36g	
Vitamin D 0mcg	0%
Calcium 116mg	8%
Iron 2mg	10%
Potassium 526mg	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], Chives, Sour Cream [cultured cream], Dijon Mustard [water, mustard seeds, vinegar, salt, citric acid, sulphur dioxide], Cream Cheese [cultured pasteurized skim milk and cream, whey protein, milk proteins, less than 2% salt, inulin (natural dietary fiber), natural acids, xanthan, locust bean and guar gums, potassium sorbate (maintains freshness)], Green Beans, Roasted Red Peppers [bell pepper], Cauliflower, Italian-Style Spices & Dill (Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Dill, Onion Powder, Black Pepper, Granulated Garlic)

Allergen information:
Contains 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.