



ROASTED GARLIC-BUTTER SALMON

roasted broccoli, Parmesan, kale & grape tomato salad

COOK TIME 30 MIN	SERVINGS 2	CALORIES PER SERVING 840	NET CARBS PER SERVING 14 GRAMS	MENU KETO // GLUTEN-FREE
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Prepare yourself for a savory seafood dish packed with earthy-sweet flavors. Salmon fillets are drizzled in a rich garlic-butter sauce and baked to a flaky finish. They're served alongside roasted Parmesan broccoli—seasoned with spiced poppy and sesame seeds. A fresh kale salad studded with grape tomatoes completes the meal.

INGREDIENTS (9 ITEMS)

- 2¾ oz **Green kale**
- 4 oz **Grape tomatoes**
- ¼ oz **Garlic**
- 6 oz **Broccoli**
- 2 oz **Creamy mustard-herb sauce** E T
- 1½ tsp **Spiced poppy & sesame seeds**
- 2 (5 oz) **Salmon fillets*** F
- ½ oz **Sunflower seeds**
- 1 oz **Parmesan cheese** M

WHAT YOU'LL NEED

- small sauté pan
- baking sheet
- medium baking dish
- medium bowl
- measuring spoons
- thermometer
- oven mitt
- cooking & olive oils
- 2 tbsp butter M
- salt & pepper

ALLERGENS

- E EGGS
- T TREE NUTS (coconut)
- F FISH (salmon)
- M MILK

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

Validated
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 PREP VEGGIES

- Preheat oven to 400 degrees.
- Remove center stems from **green kale***; discard. Roughly chop leaves into bite-size pieces.
- Halve **grape tomatoes**.
- Mince **garlic**.
- Cut **broccoli** into bite-size pieces if necessary.

*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 MAKE SALAD

- Place **kale** in a medium bowl. Drizzle with 1-2 tablespoons of the **creamy mustard-herb sauce**. Lightly season with salt. Massage until leaves soften.
- Add **tomatoes** to bowl. Drizzle with remaining **mustard-herb sauce** to taste. Toss to combine. Season with salt and pepper to taste.

3 MAKE GARLIC-BUTTER SAUCE

- Place **garlic**, 2 tablespoons butter, and about 1 tablespoon olive oil in a small sauté pan over low heat. Cook about 1 minute, or until butter is melted and garlic is lightly browned, stirring frequently. Remove from heat. (You'll use the sauce in Step 5.)

4 SEASON & ROAST BROCCOLI

- Place **broccoli** on a lightly oiled, foil-lined baking sheet. Drizzle with about 1½ tablespoons cooking oil. Season with **spiced poppy and sesame seeds**, salt, and pepper. Stir to evenly coat. Spread out in an even layer.
- Roast 10-12 minutes, or until fork-tender, stirring halfway through.

5 SEASON & ROAST SALMON

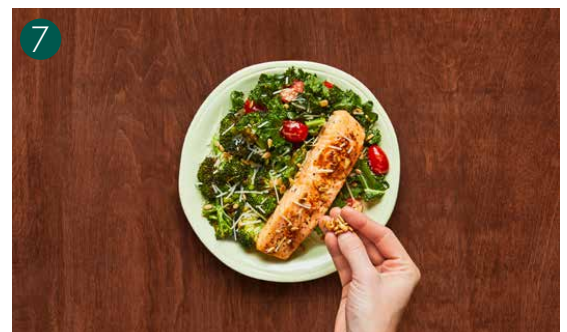
- Pat **salmon** dry with paper towels. Season both sides with salt and pepper.
- Place **salmon**, skin side down, in a lightly oiled medium baking dish. Pour **garlic-butter sauce** over **salmon**. (Carefully wash out pan.) Roast 10-12 minutes, or until salmon is fully cooked.

6 TOAST SUNFLOWER SEEDS

- Place **sunflower seeds** in dry pan used for sauce over medium heat. Toast 1-2 minutes, or until fragrant, shaking pan frequently.
- Transfer **seeds** to a cutting board and allow to cool. Roughly chop.

7 PLATE YOUR DISH

- Divide **kale and grape tomato salad** between plates. Top with **roasted garlic-butter salmon**. Serve **roasted broccoli** on the side and sprinkle with about half of the **Parmesan cheese**. Garnish dish with **toasted sunflower seeds** and remaining **cheese**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (408g)

Amount per serving

Calories **840**

	% Daily Value*
Total Fat 71g	91%
Saturated Fat 17g	85%
Trans Fat 0g	
Cholesterol 135mg	45%
Sodium 520mg	23%
Total Carbohydrate 19g	7%
Dietary Fiber 5g	18%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 41g	
Vitamin D 0mcg	0%
Calcium 274mg	20%
Iron 2mg	10%
Potassium 486mg	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], **Garlic**, **Grape Tomatoes**, **Green Kale**, **Sunflower Seeds** [sunflower kernels, sunflower oil], **Broccoli**, **Spiced Poppy & Sesame Seeds** (Minced Dehydrated Onion, Granulated Garlic, Poppy Seeds, White Sesame Seeds [hulled sesame seeds]), **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Creamy Mustard-Herb Sauce** (Avocado Oil Mayonnaise [avocado oil, organic eggs, organic egg yolks, organic vinegar, sea salt, organic rosemary extract], Mustard [organic grain vinegar, water, organic mustard seed, salt, organic turmeric, organic paprika, organic spices], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Lemon Juice [lemon], Coconut Nectar [coconut tree sap], Dried Dill, Dried Parsley, Granulated Garlic)

Allergen information:

Contains Tree Nuts, Egg, 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.