



**GREEN
CHEF**

SALMON CAESAR SALAD

Parmesan frico, tomato, artichokes, hazelnuts

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

660

NET CARBS PER SERVING

5 GRAMS

MENU

KETO // GLUTEN-FREE

Think of this salad as an extra-satisfying Caesar—with a few twists. Spice-rubbed salmon transforms the dish into a hearty protein-packed dinner, while Parmesan frico provides a cheesy crunch. The salad base comes together with romaine, Roma tomato, and briny artichoke hearts. It's all dressed in our creamy lemon-Dijon sauce with a base of avocado mayo for creaminess, plus a sprinkle of hazelnuts for a fancy finishing touch.

INGREDIENTS (8 ITEMS)

5¼ oz **Romaine lettuce**
1 whole **Roma tomato**
1¼ oz **Artichoke hearts**
½ oz **Hazelnuts** ^T
1 oz **Parmesan cheese** ^M
2 (5 oz) **Salmon fillets*** ^F
1 tsp **Cumin, garlic & fennel blend**
3½ oz **Creamy lemon-Dijon sauce** ^{T E}

WHAT YOU'LL NEED

medium nonstick pan
baking sheet
large bowl
measuring spoons
thermometer
oven mitt
cooking oil
salt & pepper

ALLERGENS

^T TREE NUTS (coconut, hazelnuts) ^M MILK
^F FISH (salmon) ^E EGGS



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.

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 **romaine lettuce** lengthwise. Lay flat and slice across into ribbons, about ½ inch wide; discard root end.
- Small dice **Roma tomato** into pieces, about ¼ inch each.
- Roughly chop **artichoke hearts**.
- Roughly chop **hazelnuts** if necessary.



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 FRICO

- Sprinkle **Parmesan cheese** into two 3-inch-wide circles on an ungreased baking sheet. Bake 6–8 minutes, or until golden brown and crispy.* Let cool on sheet until hardened.
- Transfer **frico** to a paper-towel-lined plate.

**Keep an eye on the frico while it bakes to prevent burning.*

3 SEASON & COOK SALMON

- Pat **salmon fillets** dry with paper towels. Season with **cumin, garlic, and fennel blend**, salt, and pepper.
- Heat about 1 tablespoon cooking oil in a medium nonstick pan over medium heat. Add **salmon**, skin sides up, to hot pan. Cook 5–6 minutes per side, or until fully cooked (or to desired doneness).

4 MAKE SALAD

- Place **lettuce**, **tomato**, and **artichokes** in a large bowl. Reserve about 1 tablespoon **creamy lemon-Dijon sauce** for serving. Drizzle **veggies** with remaining **sauce** to taste. Toss to combine. Season with salt and pepper to taste.

5 PLATE YOUR DISH

- Divide **Caesar salad** between bowls. Crumble **Parmesan frico** over top. Place **salmon** on top with reserved **creamy lemon-Dijon sauce**. Garnish with **hazelnuts**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (359g)

Amount per serving

Calories **660**

	% Daily Value*
Total Fat 54g	69%
Saturated Fat 12g	60%
Trans Fat 0g	
Cholesterol 110mg	37%
Sodium 550mg	24%
Total Carbohydrate 9g	3%
Dietary Fiber 4g	14%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 37g	
Vitamin D 0mcg	0%
Calcium 202mg	15%
Iron 2mg	10%
Potassium 438mg	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], **Cumin, Garlic & Fennel Blend** (Ground Cumin, Granulated Garlic, Ground Coriander, Black Pepper, Ground Fennel), **Creamy Lemon-Dijon Sauce** (Coconut Milk [coconut milk, water, xanthan gum], Avocado Oil Mayonnaise [avocado oil, organic eggs, organic egg yolks, organic vinegar, sea salt, organic rosemary extract], Nutritional Yeast [dried yeast, niacin, pyridoxine hydrochloride (B6), riboflavin (B2), thiamin hydrochloride (B1), folic acid, vitamin B12], Lemon Juice [lemon], White Wine Vinegar [aged white wine vinegar], Granulated Garlic, Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Black Pepper), **Artichoke Hearts** [hearts of artichokes, water, salt, citric acid], **Hazelnuts** [hazelnuts], **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Romaine Lettuce**, **Roma Tomatoes**

Allergen information:

Contains Milk, Tree Nuts, Egg 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.

