



**GREEN
CHEF**

SALMON WITH CREAMY LEMON-HERB SAUCE

sautéed mushrooms, kale & tomatoes

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

550

NET CARBS PER SERVING

11 GRAMS

MENU

KETO // GLUTEN-FREE

The bright and savory flavors in this dish will leave you feeling like the sun is shining down on you—no matter the time of day or year. Salmon is seasoned with Italian-style spices and dill for an herby crust, then drizzled with a creamy lemon-herb sauce that's filled with sunny and tangy flavors. On the side, there are sautéed mushrooms, kale, and tomatoes for a colorful burst of added deliciousness.

INGREDIENTS (8 ITEMS)

4 oz **Cremini mushrooms**
 2¾ oz **Green kale**
 4 oz **Grape tomatoes**
 1 whole **Scallion**
 2 (5 oz) **Salmon fillets*** **F**
 1 tsp **Italian-style spices & dill**
 1 oz **Sour cream** **M**
 1 oz **Creamy lemon-herb sauce** **M**

WHAT YOU'LL NEED

medium oven-safe sauté pan
 large sauté pan
 small bowl
 measuring spoons
 thermometer
 oven mitt
 cooking oil
 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 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.
- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Cut into slices, about ¼ inch thick.
- Remove and discard any thick center stems* from **green kale****. Roughly chop leaves into bite-size pieces.
- Halve **grape tomatoes** lengthwise.
- Trim and thinly slice **scallion**.

**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.*

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 & COOK SALMON

- Pat **salmon fillets** dry with paper towels. Season with salt, pepper, and ¾ teaspoon **Italian-style spices and dill**.
- Heat about 1½ tablespoons cooking oil in a medium oven-safe sauté pan over medium-high heat. Add **salmon**, skin sides up, to hot pan. Sear 2-3 minutes, or until salmon easily releases from pan.
- Flip **salmon**. Transfer pan to oven. Roast 5-7 minutes, or until fully cooked.*
- Transfer **salmon** to a plate.

**To keep your hands safe, slide a silicone cover (or pot holder) over the handle of the hot pan once it comes out of the oven.*

3

SAUTÉ VEGGIES

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium heat. Add **mushrooms** to hot pan. Cook 3-4 minutes, or until mushrooms begin to soften, stirring occasionally.
- Add **kale** and **tomatoes**. Season with salt, pepper, and remaining **Italian-style spices and dill**. Stir to combine. Cook 2-3 minutes, or until tomatoes begin to soften and kale is wilted, stirring occasionally. Remove from heat.

4

MAKE SAUCE

- Place **sour cream** and **creamy lemon-herb sauce** in a small bowl. Add water 1 teaspoon at a time until mixture reaches a drizzling consistency. Season with salt and pepper to taste.

5

PLATE YOUR DISH

- Divide **sautéed mushrooms, kale, and tomatoes** between plates. Serve **salmon** on the side. Drizzle with **creamy lemon-herb sauce**. Garnish with **scallion**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (347g)

Amount per serving

Calories 550

	% Daily Value*
Total Fat 42g	54%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 130mg	6%
Total Carbohydrate 14g	5%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 35g	
Vitamin D 0mcg	0%
Calcium 94mg	8%
Iron 2mg	10%
Potassium 460mg	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], **Cremini Mushrooms**, **Grape Tomatoes**, **Scallions**, **Green Kale**, **Sour Cream** [cultured cream], **Italian-Style Spices & Dill** (Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Dill, Onion Powder, Black Pepper, Granulated Garlic), **Creamy Lemon-Herb Sauce** (Granulated Garlic, Greek Yogurt [pasteurized organic whole milk, organic sweet cream buttermilk, living yogurt cultures: L. acidophilous, L. bulgaricus, S. thermophilus, and Bifidobacterium lactis], Lemon Juice [lemon], Parsley, Ascorbic Acid [ascorbic acid], Basil)

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.