



SALMON WITH ROASTED RED PEPPER CREAM SAUCE

cauliflower "rice" pilaf, Parmesan zucchini

COOK TIME
30 MIN

SERVINGS
2

CALORIES PER SERVING
850

NET CARBS PER SERVING
13 GRAMS

MENU
KETO // GLUTEN-FREE

Tonight's meal features a bright and flavorful roasted red pepper cream sauce that you'll whip up in a snap. It's spooned over tender pan-seared salmon fillets, which are dusted with a fragrant garlic, paprika, and herb blend that complements the fish beautifully. On the side, buttery cauliflower "rice" pilaf with crunchy almonds and roasted zucchini topped with melted Parmesan round out the dish.

INGREDIENTS (10 ITEMS)

- 1 whole **Zucchini**
- 1¼ tsp **Garlic, paprika & herb blend**
- 2 (5 oz) **Sustainably raised Atlantic salmon*** F
- 1 whole **Scallion**
- ¼ oz **Garlic**
- ½ oz **Roasted almonds** T
- 9 oz **Cauliflower "rice"**
- 1 oz **Parmesan cheese** M
- 2¼ oz **Roasted red peppers**
- 2¼ oz **Tomato cream sauce** T M

WHAT YOU'LL NEED

- 2 medium sauté pans
- baking sheet
- medium bowl
- measuring cup & spoons
- thermometer
- oven mitt
- cooking oil
- 2 tbsp butter M
- salt & pepper

ALLERGENS

- F FISH (salmon)
- T TREE NUTS (almonds, coconut)
- M MILK

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: 750 Net Carbs: 13

*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.



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.

1 START ZUCCHINI

- Preheat oven to 400 degrees.
- Trim ends from **zucchini***. Quarter lengthwise. Lay flat and slice across into quarter-moons, about ½ inch thick each.
- Place **zucchini** in a medium bowl. Drizzle with about 1½ tablespoons cooking oil. Season with about half the **garlic, paprika, and herb blend**, about ¼ teaspoon salt, and a pinch of pepper. Stir to coat.
- Spread **zucchini** out in a single layer on one side of a lightly oiled, foil-lined baking sheet. Roast for 7 minutes. (You'll add the salmon in Step 2.)

*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 ROAST SALMON & ZUCCHINI

- Pat **sustainably raised Atlantic salmon** dry with paper towels. Season with remaining **garlic, paprika, and herb blend**, salt, and pepper.
- Heat about 1½ tablespoons cooking oil in a medium 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**.
- Once **zucchini** has roasted for 7 minutes, remove baking sheet from oven. Carefully transfer **salmon** to empty side of sheet. (Reserve pan.)
- Return sheet to oven and roast 6-8 minutes more, or until salmon is fully cooked and zucchini is fork-tender.
- Remove baking sheet from oven. Transfer **salmon** to a plate. (You'll finish the zucchini in Step 5.)

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

3 PREP

- Trim and thinly slice **scallion**.
- Mince **garlic**.
- Roughly chop **roasted almonds**.

4 COOK CAULIFLOWER "RICE" PILAF

- Heat about 1 tablespoon cooking oil in a second medium sauté pan over medium-high heat. Add **cauliflower "rice"** and **scallion** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 4-5 minutes, or until cauliflower is mostly tender, stirring frequently.
- Add **garlic**, 1 tablespoon butter, and about ¼ cup water. Cook 2-3 minutes, or until cauliflower "rice" is tender and liquid has cooked off, stirring occasionally.
- Add **almonds**. Stir to combine.

5 FINISH ZUCCHINI

- Sprinkle **Parmesan cheese** over **zucchini** on baking sheet. (**Careful! Baking sheet is hot!**) Roast 2-3 minutes more, or until cheese melts.

6 MAKE SAUCE

- Add **roasted red peppers, tomato cream sauce**, and about ¼ cup water to pan used for salmon over medium heat. Simmer 3-4 minutes, or until sauce is bubbly and reduced by half, stirring occasionally.
- Remove from heat. Add 1 tablespoon butter. Stir until butter has melted. Season with salt and pepper to taste.

7 PLATE YOUR DISH

- Divide **cauliflower "rice" pilaf** and **Parmesan zucchini** between plates. Serve **salmon** next to pilaf. Top with **roasted red pepper cream sauce**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (516g)

Amount per serving

Calories 850

	% Daily Value*
Total Fat 71g	91%
Saturated Fat 19g	95%
Trans Fat 0g	
Cholesterol 130mg	43%
Sodium 1030mg	45%
Total Carbohydrate 19g	7%
Dietary Fiber 6g	21%
Total Sugars 8g	
Includes 1g Added Sugars	2%
Protein 41g	
Vitamin D 0mcg	0%
Calcium 260mg	20%
Iron 3mg	15%
Potassium 894mg	20%

* 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], **Roasted Red Peppers** [bell pepper], **Almonds** [almonds], **Garlic**, **Scallions**, **Cauliflower**, **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Zucchini**, **Creamy Tomato Sauce** (Whipping Cream [organic grade A cream (milk), carrageenan], Coconut Milk [coconut milk, water, xanthan gum], Tomato Paste [vine ripened organic tomatoes], Lemon Juice [lemon], Balsamic Vinegar [wine vinegar, concentrated grape must, caramel color], Ground Tomatoes [organic tomatoes, organic tomato puree, sea salt, citric acid], Olive Oil [olive oil], Water, Parmesan Cheese [pasteurized cow's milk (cheese cultures, salt, and enzymes), cellulose (to prevent caking) and potassium sorbate], White Pepper, Sea Salt, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Granulated Garlic, Nutmeg, Agave [organic agave syrup]), **Garlic, Paprika & Herb Blend** (Granulated Garlic, Sweet Paprika, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Parsley, Onion Powder)

Allergen information:

Contains Milk, 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.

