

FALL'S FINEST

**GREEN  
CHEF**

## PECAN-CRUSTED SOCKEYE SALMON

*creamy kale with shallot, roasted carrots*

### COOK TIME

30 MIN

### SERVINGS

2

### CALORIES PER SERVING

660

### NET CARBS PER SERVING

19 GRAMS

### MENU

KETO // GLUTEN-FREE

Hearty ingredients like pecans, kale, and carrots make this salmon dinner just right for fall. You'll brush an Italian-spiced Dijon mustard sauce over sockeye salmon fillets, press crunchy pecans over the top, and roast until crispy on the outside but flaky and tender on the inside. On the side are two decadent accompaniments: roasted carrots and creamy kale with shallot.

### INGREDIENTS (8 ITEMS)

3 whole **Carrots**  
 ¾ tsp **Italian-style spices & dill**  
 1 oz **Pecans** <sup>T</sup>  
 1 whole **Shallot**  
 3½ oz **Green kale**  
 ¼ oz **Dijon mustard**  
 2 (5 oz) **Wild-caught sockeye salmon fillets\*** <sup>F</sup>  
 2 oz **Cream cheese** <sup>M</sup>

### WHAT YOU'LL NEED

large sauté pan  
 2 baking sheets  
 mixing bowls  
 measuring spoons  
 peeler  
 thermometer  
 oven mitt  
 cooking & olive oils  
 1 tbsp butter <sup>M</sup>  
 salt & pepper

### ALLERGENS

<sup>T</sup> TREE NUTS (pecans) <sup>F</sup> FISH (salmon)  
<sup>M</sup> 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 START PREP & ROAST CARROTS

- Preheat oven to 400 degrees.
- Trim and peel **carrots**. Halve lengthwise. Lay flat and slice at an angle into pieces, about ¼ inch thick.
- Place **carrots** in a large bowl. Drizzle with about 1 tablespoon cooking oil. Season with salt, pepper, and about half the **Italian-style spices and dill**. Stir to coat.
- Spread **carrots** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 14-16 minutes, or until fork-tender, stirring halfway through.

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 FINISH PREP

- Finely chop **pecans**.
- Cut ends off **shallot** and discard peel. Cut widthwise into slices, about ¼ inch thick. Separate slices.
- Remove and discard any thick center stems\* from **green kale\*\***. Roughly chop leaves into bite-size pieces.

\*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.

## 3 COAT & ROAST SALMON

- Place **Dijon mustard**, about 1 teaspoon olive oil, and remaining **Italian-style spices and dill** in a small bowl. Stir to combine.
- Pat **wild-caught sockeye salmon fillets** dry with paper towels. Season with salt and pepper.
- Place **salmon**, skin sides down, on a second lightly oiled, foil-lined baking sheet. Spread tops with **Dijon mustard mixture**. Sprinkle with **pecans**. Press to adhere. Roast 10-12 minutes, or until fully cooked.
- Transfer **salmon** to a plate.

## 4 COOK SHALLOT

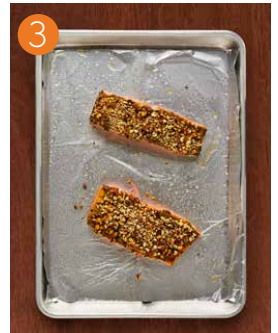
- Heat about 1½ tablespoons olive oil in a large sauté pan over medium heat. Add **shallot** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 4-5 minutes, or until softened, stirring occasionally.

## 5 MAKE CREAMY KALE

- Add **kale** and 2 tablespoons water to pan with **shallot**. Cook 2-3 minutes, or until kale is wilted, stirring occasionally.
- Add **cream cheese** and 1 tablespoon butter. Cook 1-2 minutes, or until cream cheese is fully incorporated, stirring occasionally. Season with salt and pepper to taste.

## 6 PLATE YOUR DISH

- Divide **pecan-crusted sockeye salmon** between plates. Serve **creamy kale with shallot** and **roasted carrots** on the side. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (419g)

**Amount per serving**

**Calories** **660**

	% Daily Value*
<b>Total Fat</b> 47g	60%
Saturated Fat 10g	50%
Trans Fat 0g	
<b>Cholesterol</b> 100mg	33%
<b>Sodium</b> 730mg	32%
<b>Total Carbohydrate</b> 27g	10%
Dietary Fiber 8g	29%
Total Sugars 13g	
Includes 0g Added Sugars	0%
<b>Protein</b> 40g	
Vitamin D 19mcg	100%
Calcium 222mg	15%
Iron 3mg	15%
Potassium 1332mg	30%

\* 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:

**Wild-Caught Sockeye Salmon Fillets** [salmon], **Pecans** [pecans, canola and/or peanut and/or sunflower oil], **Dijon Mustard** [water, mustard seeds, vinegar, salt, citric acid, sulphur dioxide], **Green Kale**, **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)], **Shallot**, **Carrots**, **Italian-Style Spices & Dill** (Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Dill, Onion Powder, Black Pepper, Granulated Garlic)

### 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.*