

FARM-FRESH SELECTS

**GREEN
CHEF**

LEMONY SOCKEYE SALMON & SUMMER SUCCOTASH

herb-roasted potatoes, green beans, tomato, corn, lemon

COOK TIME

35 MIN

SERVINGS

2

CALORIES PER SERVING

780

MENU

GLUTEN-FREE

Summer cooking is all about simplicity.

Here, wild-caught sockeye salmon is seared with fresh herbs, then roasted with lemon rounds for citrusy flavor. On the side, green beans, corn, tomato, and a bit of lemon zest blend into a colorful succotash, while herb-roasted potatoes add savory balance. And since it wouldn't be summer without lemon butter, this sunshiny sauce tops the salmon for a sweet and delicate finish.

INGREDIENTS (7 ITEMS)

12 oz **Yellow potatoes**
1 tbsp **Oregano-garlic seasoning**
1 whole **Lemon**
6 oz **Green beans**
1 whole **Roma tomato**
2 (5 oz) **Wild-caught sockeye salmon*** **F**
1½ oz **Corn**

WHAT YOU'LL NEED

medium oven-safe sauté pan
large sauté pan
baking sheet
mixing bowls
measuring spoons
microplane
thermometer
oven mitt
cooking oil
2 tbsp butter **M**
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°.

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 & ROAST POTATOES

- Preheat oven to 400 degrees.
- Medium dice **yellow potatoes*** into pieces, about ½ inch each.
- Place **potatoes** in a medium bowl. Drizzle with about 1½ tablespoons cooking oil. Season with half the **oregano-garlic seasoning**, salt, and pepper. Toss to coat.
- Spread **potatoes** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 20-25 minutes, or until fork-tender, stirring halfway through.

**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 FINISH PREP

- Zest half the **lemon** with a microplane (or on small holes of a box grater) over a small bowl. Slice half the **lemon** into rounds, about ¼ inch thick. Squeeze juice from remaining **lemon** half over a second small bowl, removing any seeds.
- Trim stem ends off **green beans**. Cut into pieces, about ½ inch long.
- Medium dice **Roma tomato** into pieces, about ½ inch each.

3 SEASON & ROAST SALMON

- Pat **wild-caught sockeye salmon** dry with paper towels. Season with remaining **oregano-garlic seasoning**, salt, and pepper.
- 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**. Top with **lemon rounds**. Transfer pan to oven. Roast 5-7 minutes, or until fully cooked.*
- Transfer **salmon** to a plate. Scrape and discard any browned bits from bottom of pan. (Reserve pan.)

**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.*

4 START SUCCOTASH

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

5 FINISH SUCCOTASH

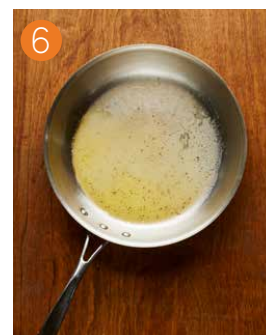
- Add **tomato** and a pinch of **lemon zest** to pan with **veggies**. Cook 1-2 minutes, or until tomato is warmed through, stirring occasionally. Remove from heat.

6 MAKE LEMON BUTTER SAUCE

- Return pan used for salmon to stovetop over medium-low heat. Add 2 tablespoons butter. Stir until butter has melted.
- Add 1 tablespoon **lemon juice**. Stir to combine. Lightly season with salt and pepper.

7 PLATE YOUR DISH

- Divide **succotash** between plates. Top with **salmon**. Drizzle with **lemon butter sauce**. Serve **herb-roasted potatoes** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (531g)

Amount per serving

Calories 780

	% Daily Value*
Total Fat 49g	63%
Saturated Fat 12g	60%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 420mg	18%
Total Carbohydrate 57g	21%
Dietary Fiber 6g	21%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 37g	
Vitamin D 19mcg	100%
Calcium 102mg	8%
Iron 5mg	30%
Potassium 823mg	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:
Wild-Caught Sockeye Salmon Fillets [salmon], Green Beans, Roma Tomatoes, Corn [corn], Lemon, Yellow Potatoes, Oregano-Garlic Seasoning (Dried Oregano, Granulated Garlic, Onion Powder, Dried Parsley)

Allergen information:
Contains 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.