



LEMON GARLIC DIJON SOCKEYE SALMON

Parmesan roasted zucchini, lemony green beans

COOK TIME	SERVINGS	CALORIES PER SERVING	NET CARBS PER SERVING	MENU
30 MIN	2	570	9 GRAMS	KETO // GLUTEN-FREE

You'll start tonight's seafood supper by seasoning wild-caught sockeye salmon with an herb, garlic, and red pepper blend before searing the fish. A bright sauce of parsley, garlic, Dijon, and lemon juice is spooned over the salmon partway through roasting, locking in all that juicy goodness. The sides are just as sunny: sautéed green beans get a sprinkle of lemon zest, and roasted zucchini is topped with melty Parmesan.

INGREDIENTS (9 ITEMS)

1 whole	Zucchini
¼ oz	Parsley
¼ oz	Garlic
1 whole	Lemon
6 oz	Green beans
1 tsp	Herb, garlic & red pepper blend
¼ oz	Dijon mustard
2 (5 oz)	Wild-caught sockeye salmon fillets* ^F
1 oz	Parmesan cheese ^M

WHAT YOU'LL NEED

large oven-safe sauté pan
medium sauté pan
baking sheet
mixing bowls
measuring spoons
microplane
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°.

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.
- Trim ends from **zucchini***. Slice widthwise into rounds, about ¼ inch thick.
- De-stem **parsley**; roughly chop leaves.
- Mince **garlic**.
- Zest **lemon** with a microplane (or on small holes of a box grater) over a small bowl. Quarter **lemon**. Squeeze juice from 1-2 **lemon wedges** over a second small bowl, removing any seeds.
- Trim stem ends off **green beans**. Halve widthwise.

**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 & ROAST ZUCCHINI

- Place **zucchini** in a medium bowl. Drizzle with about 1 tablespoon cooking oil. Season with about half the **herb, garlic, and red pepper blend**, about ¼ teaspoon salt, and a pinch of pepper. Stir to coat.
- Spread **zucchini** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 8-10 minutes, or until fork-tender, stirring halfway through. (You'll finish the zucchini in Step 6.)

3

MAKE SAUCE

- Add **parsley, garlic, Dijon mustard**, and 1 tablespoon water to bowl with **lemon juice**. Season with salt and pepper. Stir to combine.

4

SEASON & COOK SALMON

- Pat **wild-caught sockeye salmon fillets** dry with paper towels. Place on a plate. Season with salt, pepper, and remaining **herb, garlic, and red pepper blend**. Drizzle with about 1 teaspoon cooking oil. Rub to coat.
- Heat about 1½ tablespoons cooking oil in a large, oven-safe sauté pan over medium-high heat. Add **salmon** to pan, skin sides up. Sear 2-3 minutes, or until salmon easily releases from pan.
- Flip **salmon**. Spoon **lemon garlic Dijon sauce** over top.
- Transfer pan to oven. Roast 5-7 minutes, or until salmon is fully cooked.
- Transfer **salmon** to a plate.

5

SAUTÉ GREEN BEANS

- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **green beans** to hot pan. Season with salt and pepper. Cook 4-5 minutes, or until tender, stirring occasionally.
- Remove from heat. Add **lemon zest**. Stir to combine.

6

FINISH ZUCCHINI

- Sprinkle **Parmesan cheese** over baking sheet with **zucchini**. Roast 2-3 minutes more, or until cheese melts.

7

PLATE YOUR DISH

- Divide **salmon** between plates. Serve **lemon green beans** and **Parmesan roasted zucchini** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (405g)

Amount per serving

Calories 570

	% Daily Value*
Total Fat 42g	54%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 690mg	30%
Total Carbohydrate 13g	5%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 39g	
Vitamin D 19mcg	100%
Calcium 230mg	20%
Iron 2mg	10%
Potassium 1017mg	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], **Lemon, Parsley, Garlic, Dijon Mustard** [water, mustard seeds, vinegar, salt, citric acid, sulphur dioxide], **Zucchini, Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Herb, Garlic & Red Pepper Blend** (Granulated Garlic, Sweet Paprika, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Ground Rosemary, Crushed Red Pepper Flakes, Onion Powder), **Green Beans**

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.