



LEMON-DIJON SALMON

chive butternut squash mash, sautéed cabbage & hazelnuts

COOK TIME	SERVINGS	CALORIES PER SERVING	NET CARBS PER SERVING	MENU
35 MIN	2	650	18 GRAMS	KETO // GLUTEN-FREE

Our lemon-Dijon sauce is citrusy, tangy, and garlicky, and it makes an ideal marinade for tonight's delectable seafood dish. Here, salmon fillets are marinated, then pan-seared until flaky and served over creamy, chive-flecked mashed butternut squash. A side of sautéed cabbage, simmered with more of the lemon-Dijon sauce and topped with toasted hazelnuts, adds a crunchy contrast.

INGREDIENTS (7 ITEMS)

12¼ oz	Butternut squash*
1¾ oz	Lemon-Dijon sauce
2 (5 oz)	Sustainably raised Atlantic salmon fillets** F
⅛ oz	Chives
½ oz	Hazelnuts T
1 oz	Cream cheese M
4 oz	Cabbage



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 fillets F**
Calories: 540 Net Carbs: 18 grams

WHAT YOU'LL NEED

medium pot
medium nonstick pan
large sauté pan
large bowl
measuring spoons
strainer
peeler
potato masher
thermometer
cooking oil
salt & pepper

ALLERGENS

F FISH (salmon) **T** TREE NUTS (hazelnuts)
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.

*Due to the varying nature of organic produce, we may have sent a larger squash than needed.
**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 COOK SQUASH

- Remove any seeds from **butternut squash** with a spoon. Carefully peel with a sharp peeler.* Medium dice into pieces, about ½ inch each.**
- Place **squash** in a medium pot. Cover with about 2 inches cold, lightly salted water. Bring to a boil. Cook 12-15 minutes, or until fork-tender.
- Strain **squash**; shake off excess water. Return to pot.

**If you don't have a sharp peeler, carefully use a sharp knife. Place squash cut sides down, then slice away the skin, curving your knife with the shape of the squash as you go.*

***Use about 2 cups diced squash, saving the rest for another day. If you have a food scale, use 11 ounces to stay under 20 grams of net carbs per serving.*

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 MARINATE SALMON

- Place **lemon-Dijon sauce** in a large bowl. Add about 1 tablespoon cooking oil. Season with salt and pepper. Stir to combine.
- Pat **sustainably raised Atlantic salmon fillets** dry with paper towels. Add **salmon** to bowl with marinade. Turn to coat. Let marinate at least 5 minutes, turning occasionally.

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

3 PREP

- Mince **chives**.
- Roughly chop **hazelnuts** if necessary.

4 MASH SQUASH

- Add **chives** and **cream cheese** to pot with **squash**. Mash with a potato masher (or fork) until smooth. Stir to combine. Season with salt and pepper to taste.

5 COOK SALMON

- Heat about 1½ tablespoons cooking oil in a medium nonstick pan over medium heat. Add **salmon**, skin sides up, to hot pan (reserve any excess marinade for Step 6). Sear 5-6 minutes on each side, or until fully cooked. Remove from heat.

6 SAUTÉ CABBAGE

- Heat about 1 tablespoon cooking oil in a large sauté pan over medium heat. Add **cabbage*** to hot pan. Season with salt and pepper. Cook 3-4 minutes, or until beginning to soften, stirring occasionally.
- Move **cabbage** to sides of pan. Add **hazelnuts** to center of pan.** Cook 2-3 minutes, or until fragrant, stirring hazelnuts frequently and leaving cabbage undisturbed.
- Reduce heat to medium low. Add any reserved **marinade** and about 3 tablespoons water. Stir to combine **cabbage** and **hazelnuts**. Cook 3-4 minutes, or until cabbage is tender and hazelnuts are toasted, stirring occasionally. Season with salt and pepper to taste.

**The ingredient you received may be a different color.*

***If the pan seems dry, add 1-2 teaspoons cooking oil to the center of the pan.*

7 PLATE YOUR DISH

- Divide **lemon-Dijon salmon**, **chive butternut squash mash**, and **sautéed cabbage and hazelnuts** between plates. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (396g)

Amount per serving

Calories 650

	% Daily Value*
Total Fat 49g	63%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 540mg	23%
Total Carbohydrate 23g	8%
Dietary Fiber 5g	18%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 36g	
Vitamin D 7mcg	35%
Calcium 142mg	10%
Iron 2mg	10%
Potassium 675mg	15%

* 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:
Hazelnuts [hazelnuts], **Red Cabbage**, **Butternut Squash**, **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)], **Chives**, **Salmon** [salmon], **Lemon-Dijon Sauce** (Lemon Juice [lemon], Granulated Garlic, Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices])

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.