



SALMON WITH PICCATA SAUCE

Roasted red beets & bell pepper with walnuts

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| COOK TIME 30 MIN | SERVINGS 2 | CALORIES PER SERVING 540 | NET CARBS PER SERVING 9 GRAMS | MENU KETO // GLUTEN-FREE |
|----------------------------|----------------------|------------------------------------|---|------------------------------------|

A comforting seafood dinner perfect for early fall. Salmon fillets are pan-seared and served alongside red beets and red bell pepper roasted tender with walnuts. A rich, homemade piccata sauce — made here with a lemon-spiked vegetable broth, capers, garlic, parsley, and butter — is spooned over top. Fresh parsley garnishes the dish.

INGREDIENTS (9 ITEMS)

- 2 (6 oz) **Salmon fillets** F
- ¼ cup **Vegetable broth & lemon juice**
- ½ oz **Capers**
- ¼ oz **Parsley**
- ⅛ oz **Garlic**
- 2 tbsp **Butter** D
- 4 ¼ oz **Red beets**
- ½ oz **Walnuts** T
- 3 ½ oz **Red bell pepper***

WHAT YOU'LL NEED

- baking sheet
- oven mitt
- thermometer
- medium bowl
- medium nonstick pan

ALLERGENS

- T TREE NUT
- F FISH
- D DAIRY



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Food Service (GFFS) program.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce is organic unless otherwise labeled.

*You may receive a different color variety of this ingredient.

Wash and dry fresh produce. Wash hands and surfaces after handling raw fish. Consuming raw or undercooked fish can be harmful to your health. Go to help.greenchef.com for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at help@greenchef.com

SALMON WITH PICCATA SAUCE

1 PREP BEETS & BELL PEPPER

- Preheat oven to 425 degrees.
- Medium dice **red bell pepper** into about ½-inch pieces.
- Place **red beets** and **bell pepper** in a medium bowl. Drizzle with 1-2 tablespoons cooking oil. Season with salt and pepper. Stir to coat.



2 START BEETS & BELL PEPPER

- Spread **beets and bell pepper** out in a single layer on a lightly oiled foil-lined baking sheet. Roast 15 minutes.
See Step 4 to finish.



3 PREP NUTS, GARLIC, CAPERS & PARSLEY

- Roughly chop **walnuts**.
- Mince **garlic**.
- Roughly chop **capers**.
- De-stem **parsley**; finely chop leaves.

4 FINISH BEETS & BELL PEPPER

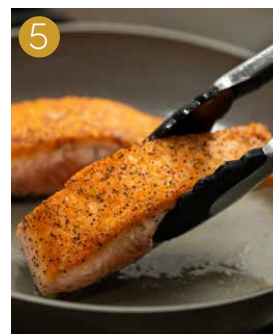
- Sprinkle **walnuts** over baking sheet with veggies.
(Caution: Baking sheet is hot!) Return baking sheet to oven. Roast 6-8 minutes, or until beets are fork tender and walnuts are toasted.



5 COOK SALMON

- Pat **salmon fillets** dry with a paper towel. Lightly season both sides with salt and pepper.
- Heat about 1 ½ tablespoons cooking oil in a medium nonstick pan over medium-high heat. Add **salmon** to hot pan, skin-side down. Sear 4-5 minutes on each side, or until fish is fully cooked (or until desired doneness).*
- Transfer **salmon** to cutting board.

**Take Note: Salmon is fully cooked when internal temperature reaches 145 degrees.*



6 MAKE PICCATA SAUCE

- Heat 1-2 teaspoons olive oil in pan used for salmon over medium heat. Add **garlic** and **capers** to hot pan. Cook 1 minute, stirring frequently.
- Pour **vegetable broth and lemon juice** into pan. Stir. Simmer 3-4 minutes, or until broth reduces slightly, stirring occasionally.
- Remove pan from heat. Add **butter**. Carefully swirl pan until butter melts. Add about half of the **parsley**. Stir.

7 PLATE YOUR DISH

- Divide **beets, bell pepper, and walnuts** between plates. Serve **salmon** next to veggies. Spoon **piccata sauce** over salmon. Garnish dish with remaining **parsley**.
- Enjoy!

