

NUTRITION per serving 20g carbohydrates 21g fat 48g protein 550mg sodium | low-calorie, low-carb, gluten-free, soy-free, shellfish-free, nut-free





Prep & Cook Time 25-35 min.



Cook Within 3 days







# **CUSTOMER FAVORITE**

# Salmon Crusted with "Everything Bagel" Seasoning

with chive sour cream, arugula salad, and lemon-caper vinaigrette

## IN YOUR KITCHEN

Olive Oil

Salt

Pepper

Cooking Spray

3 oz. Baby Arugula

**Baking Sheet** 

Mixing Bowl

Small Bowl

www.homechef.com/2578

#### **BEFORE YOU COOK**

- Take a minute to read through the recipe before you start-we promise it will be time well spent!
- Preheat oven to **350 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray

## WHILE YOU COOK

- Salt refers to kosher salt in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- Heads Up! Shallot is used twice. Minced shallot is added to dressing, and sliced shallot is added to salad
- Shallots bring a slightly assertive onion-garlic flavor when used raw. Use to taste when adding to salad.

## FROM THE CHEF

Always dress salads with delicate leaves (like this arugula) right before serving, as they tend to wilt if dressed too early.

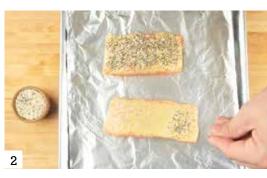
#### Did you know...

Mix up a batch of "everything bagel" seasoning at home and use it for crusting, well, everything! It's made with 3 parts each white sesame seeds and poppy seeds, 2 parts dehydrated minced garlic, 1 part dehydrated minced onion, and ½ part coarse sea salt.



## **Prepare the Ingredients**

Zest lemon, halve, and juice. Mince capers. Peel and halve shallot. Slice half the shallot into thin strips and mince other half. Halve grape tomatoes. Mince chives. Rinse salmon fillets and pat dry.



## Cook the Salmon

Place **salmon** on prepared baking sheet. Brush tops of salmon with **Dijon mustard** and sprinkle with **"everything bagel" seasoning** generously and evenly. Bake until salmon is flaky, firm, and reaches a minimum internal temperature of 145 degrees, 8-12 minutes. Remove from oven and set aside. While salmon bakes, make vinaigrette.



## Make the Vinaigrette

Combine capers, minced shallot, and 1 Tbsp. lemon juice in a medium mixing bowl. Drizzle in 2 Tbsp. olive oil and whisk briskly until oil and lemon juice are fully combined. Season to taste with ¼ tsp. salt and a pinch of pepper.



## Make the Chive Cream

Stir together **sour cream** and **chives** in a small bowl. Season to taste with a pinch of **salt**.



## Make the Salad

Add arugula to the bowl containing lemon-caper vinaigrette and toss gently.



## Plate the Dish

Serve arugula in the center of a plate. Top with tomatoes, sliced shallot (to taste), and salmon. Garnish with a dollop of chive sour cream and lemon zest

