



IN YOUR BOX

- 1 Lemon
- .2 oz. Capers
- 1 Shallot
- 4 oz. Grape Tomatoes
- 6 Chives
- 2 Salmon Fillets
- ½ oz. Dijon Mustard
- ¾ Tbsp. Home Chef “Everything Bagel” Seasoning
- 2 oz. Sour Cream
- 3 oz. Baby Arugula

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Baking Sheet
- Mixing Bowl
- Small Bowl

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



Calories
426



Prep & Cook Time
25-35 min.



Cook Within
3 days



Difficulty
Easy



Spice Level
Mild



HOME CHEF

CUSTOMER FAVORITE

Salmon Crusted with “Everything Bagel” Seasoning

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

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**.