



In your box

- 2 Dill Sprigs
- ¼ oz. Parsley
- .125 oz. Oregano
- 3 oz. Roasted Red Peppers
- 1 Persian Cucumber
- 2 oz. Pitted Kalamata Olives
- 1 Lemon
- 12 oz. Salmon Fillets
- 2 oz. Feta Cheese
- 1 tsp. Sugar
- 4 oz. Baby Arugula



Feta and Herb Crusted Salmon

with Greek arugula salad

NUTRITION per serving—Calories: 590, Carbohydrates: 15g, Fat: 43g, Protein: 39g, Sodium: 1749mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
30-40 min.

Cook Within
3 days

Difficulty Level ● □ □
Easy

Spice Level □ □ □
Not Spicy

📌 You will need

Olive Oil, Salt, Pepper, Cooking Spray
Baking Sheet, 2 Mixing Bowls

👑 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 **400 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **lemon**



1

Prepare the Ingredients

- Stem **dill** and **parsley** and coarsely chop.
- Stem **oregano** and mince.
- Trim **cucumber** and cut into ¼" rounds.
- Halve **olives** lengthwise.
- Zest and halve **lemon**. Cut one half into wedges and juice the other half.
- Pat **salmon** dry, and season flesh side with ¼ tsp. **salt** and ¼ tsp. **pepper**.



2

Make Topping and Bake Salmon

- Combine **dill, parsley, feta, and lemon zest** in a mixing bowl.
- Place **salmon** on prepared baking sheet, skin side down, and top with **feta-herb mixture**.
- Bake in hot oven until salmon reaches a minimum internal temperature of 145 degrees, 13-15 minutes.
- Rest cooked salmon 5 minutes.
- While salmon bakes, make vinaigrette.



3

Make the Vinaigrette

- In another mixing bowl, whisk together 1 Tbsp. **lemon juice**, **sugar**, **oregano**, 1 Tbsp. **olive oil**, and a pinch of **salt** and **pepper**.



4

Toss the Salad

- While **salmon** rests, add **arugula, roasted red peppers, Kalamata olives, cucumbers**, and a pinch of **salt** and **pepper** to bowl with **vinaigrette** and toss to combine.



5

Finish the Dish

- Plate dish as pictured on front of card, squeezing remaining **lemon** (to taste) over salmon. Bon appétit!