



NUTRITION *per serving* 29g carbohydrates 25g fat 41g protein 1431mg sodium | low-calorie, low-carb, gluten-free, dairy-free, shellfish-free



Calories
491



Prep & Cook Time
20-30 min.



Cook Within
3 days



Difficulty
Easy



Spice Level
Not Spicy

IN YOUR BOX

- 1 Ear of Corn
- 2 Roma Tomatoes
- 2 Zucchini
- 1 Red Onion
- 2 Salmon Fillets
- 1 ½ oz. Mayonnaise
- 1 Tbsp. Basil Pesto

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Small Bowl
- Grill Pan or Outdoor Grill
- Mixing Bowl

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HOME CHEF

Salmon with Summer Vegetables and pesto aioli

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Thoroughly rinse produce and pat dry

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.

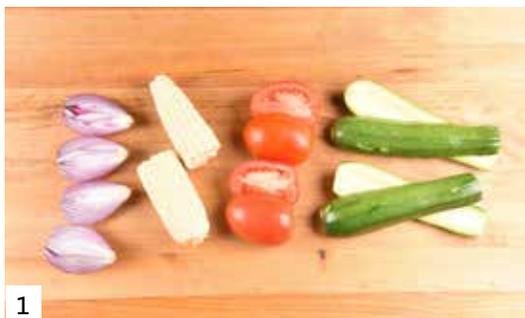
FROM THE CHEF

If you have a large enough outdoor grill, cook all components at once for a quick, easy meal!

Impress your diners (and yourself) by getting pro-looking crosshatch marks on grilled meats. Imagine your grill is a clock and place meat on grill so tip points at 10 o'clock. After 2–3 minutes, rotate so tip points at 2, and cook another 2–3 minutes. Repeat on second side. This enhances presentation, allows meat to cook evenly, and gets great char flavor.

Did you know...

Not only is it delicious, but salmon is flush with nutrients like high-quality protein, potassium, and Vitamin B12.



Prepare the Ingredients

Shuck **corn**, rinse, and halve. Halve **Roma tomatoes** lengthwise. Trim **zucchini** ends and halve lengthwise. Trim **onion** top, peel, and cut into quarters, leaving root intact to hold wedges together. Rinse **salmon**, pat dry, and season both sides with ½ tsp. **salt** and ¼ tsp. **pepper**.



Grill the Vegetables

Combine **zucchini**, **tomatoes**, and **red onions** in a medium mixing bowl. Drizzle vegetables with 2 tsp. **olive oil** and season with ½ tsp. **salt** and ¼ tsp. **pepper**. Add vegetables, including **corn**, to grill, cut side down, and grill 4–5 minutes on each side, or until well-browned and tender. *Corn may require additional cooking time.*



Prepare the Pesto Aioli

Combine **mayonnaise** and **basil pesto** in a small bowl. Season with a pinch of **salt and pepper** and set aside.



Plate the Dish

Add a serving of **vegetables** to a plate and serve with **salmon**. Serve **pesto aioli** on salmon or on side.



Grill the Salmon

Heat a grill pan or outdoor grill over medium-high heat and spray with **cooking spray**. Place **salmon** on grill and cook 4–5 minutes per side, or until salmon is well-browned and reaches a minimum internal temperature of 145 degrees. Transfer to a plate, loosely cover with foil, and let rest 5 minutes.