



Mediterranean-Style Salmon

WITH LEMON-DILL CREMA AND CRISPY ZUCCHINI

Oven-Ready



Prep & Cook Time
25-35 MIN

Cook Within
3 DAYS

You Will Need
Olive Oil, Salt, Pepper, Cooking Spray
Medium Non-Stick Pan,
Mixing Bowl

Ingredients
½ oz. Crumbled Feta Cheese
1 Lemon
2 Dill Sprigs
12 oz. Salmon Fillets
8 oz. Sliced Zucchini
2 oz. Crème Fraiche
1 oz. Shredded Parmesan Cheese
½ tsp. Garlic Salt
¼ cup Panko Breadcrumbs
4 oz. Grape Tomatoes

Difficulty Level
EASY

Spice Level
NOT SPICY

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef	Ground Pork	Impossible Burger	
165°	Chicken		Ground Turkey	

Rest steak or pork after cooking, 3 minutes.

View nutritional information at www.homechef.com/34495

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Processed in a facility that also processes peanut, tree nut, sesame, wheat, egg, soy, milk, fish, and shellfish ingredients.

Recipe designed for use with silver tray (as pictured); if you receive a different tray, please contact customer support before cooking.

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.

Before You Cook

All cook times are approximate based on testing.

- Wash hands thoroughly with soap and warm water before cooking and after handling raw meat or seafood
- Remove all produce from any packaging or constraints, then thoroughly rinse and pat dry
- Turn oven on to **425 degrees**. Let preheat, at least 10 minutes
- Ingredient(s) used more than once: **lemon**



1. Bake the Vegetables

- Combine **zucchini** (If you receive a whole squash, cut into 1/2" rounds.), **tomatoes** (If you receive a whole tomato, cut into 1/2" dice.), 1 tsp. **olive oil**, **garlic salt**, and a pinch of **salt** and **pepper** in one provided tray. Top evenly with **Parmesan** and **panko**.
- Bake uncovered in hot oven until zucchini is tender and panko is golden-brown, 18-22 minutes.
- While vegetables bake, continue recipe.



2. Bake the Salmon

- Pat **salmon** dry and season flesh side with a pinch of **salt** and **pepper**. Spray second provided tray with **cooking spray**.
- Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**. Add salmon, skin-side up, to hot pan and sear until golden-brown, 2-4 minutes on one side.
- Remove from burner. Transfer salmon, skin-side down, to second provided tray.
- Bake uncovered in hot oven until salmon reaches a minimum internal temperature of 145 degrees, 6-8 minutes.
- Carefully remove from oven.
- While salmon bakes, continue recipe.



3. Make Crema and Finish Meal

- Halve **lemon** lengthwise. Cut one half into wedges and juice the other half.
- Stem and mince **dill**.
- Combine **crème fraiche**, 1/2 tsp. lemon juice, dill, 1 tsp. **water**, and a pinch of **salt** in a mixing bowl.
- Carefully remove both trays from oven.
- To serve, top **salmon** with crema and garnish **vegetables** with **feta**. Squeeze lemon wedges over meal to taste. Bon appétit!