Grilled Salmon with Lemon-Dill Yogurt Sauce
and charred carrots

IN YOUR BOX
12 oz. Carrot
2 Garlic Cloves
1 Lemon
1 Persian Cucumber
2 Dill Spring
12 oz. Salmon Fillets
.6 oz. Butter
4 oz. Greek Yogurt

CONTAINS: milk, fish (salmon)
Packaged in a facility that also packages peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

IN YOUR KITCHEN
Olive Oil
Salt
Pepper
Cooking Spray
Grill Pan or Outdoor Grill
2 Mixing Bowls

GRILLING SERIES

<table>
<thead>
<tr>
<th>NUTRITION per serving</th>
<th>25g carbohydrates</th>
<th>37g fat</th>
<th>38g protein</th>
<th>1084mg sodium</th>
<th>calorie-conscious, carb-conscious</th>
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<tbody>
<tr>
<td>Calories</td>
<td>585</td>
<td></td>
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<tr>
<td>Prep &amp; Cook Time</td>
<td>35-45 min.</td>
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<td>Cook Within</td>
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<tr>
<td>Difficulty</td>
<td>Easy</td>
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<td>Not Spicy</td>
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**Prepare the Ingredients**
Peel, trim, and cut carrot into steak fry-sized sticks. Mince garlic. Zest lemon, halve, and juice. Finely chop cucumber or grate on largest holes of a grater. Squeeze cucumber to remove excess liquid. Reserve two dill tops for garnish and mince remaining dill (no need to stem). Alternatively, mince all dill for garnish. Pat salmon fillets dry, and season flesh side with ¼ tsp. salt and a pinch of pepper.

**Prepare the Carrot**
Place carrot sticks on a double layer of foil, and add 2 Tbsp. water, 2 tsp. olive oil, ¼ tsp. salt, and a pinch of pepper. Wrap foil around carrot sticks, forming a pouch. Keep carrot sticks flat to cook evenly. They do not need to be in a single layer.

**Grill the Carrot**
Place foil packet on grill. Grill 5 minutes on each side. Remove from grill, keep closed, and set aside.

**Grill the Salmon**
Lightly coat grill with cooking spray. Add salmon, skin side up, to hot grill and cook until lightly charred, 4-6 minutes. Flip, and grill until salmon reaches a minimum internal temperature of 145 degrees, 4-6 minutes. Remove to a plate, cover with foil, and set aside.

**Finish Carrot and Make Sauce**
Lightly coat grill again with cooking spray. Remove carrot from foil and grill until lightly charred, 2-4 minutes. Remove to a mixing bowl and toss with butter, half the garlic (reserve remaining for sauce), and lemon zest (to taste). In another mixing bowl, combine yogurt, cucumber, dill (reserve a pinch for garnish), remaining garlic, 1 tsp. lemon juice, ¼ tsp. salt, and a pinch of pepper.

**Finish the Dish**
Place salmon on a plate and top with sauce. Garnish with dill tops. Serve carrot alongside.