



NUTRITION *per serving* 25g carbohydrates 37g fat 38g protein 1084mg sodium | calorie-conscious, carb-conscious



Calories
585



Prep & Cook Time
35-45 min.



Cook Within
3 days



Difficulty
Easy



Spice Level
Not Spicy



GRILLING SERIES

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

www.homechef.com/3992

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
- ❑ Preheat outdoor grill or grill pan to medium heat.

WHILE YOU COOK

- ❑ Some can't get enough **garlic**, and others prefer a lighter touch. Feel free to use to taste. Speaking of garlic, it is used twice. Half is added to **carrots** and remaining is added to **sauce**.
- ❑ **Heads Up!** Dill is used twice. Most is added to **sauce**, and two tops garnish dish.

FROM THE CHEF

Not a fan of fish skin? Don't worry. Once the salmon is cooked, the skin will easily peel off and you can serve it without the skin.

Impress your diners (and yourself) by getting pro-looking crosshatch marks on grilled meats. Imagine your grill is a clock and place salmon 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. This enhances presentation, allows salmon to cook evenly, and gets great char flavor.

Did you know...

We've all heard of garlic and vampires, but what about dill and witches? In medieval times, hanging dill in the doorway or planting it in the garden was believed to keep away witches.



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.