



In your box

- 12 oz. Red Potatoes
- 1 Zucchini
- 2 Garlic Cloves
- 4 oz. Greek Yogurt
- 2 Tbsp. Basil Pesto
- 12 oz. Salmon Fillets
- 1 fl. oz. White Cooking Wine
- ½ tsp. Smoked Paprika



Salmon with Green Goddess Sauce

with potatoes and Spanish zucchini

NUTRITION per serving—Calories: 617, Carbohydrates: 34g, Fat: 36g, Protein: 42g, Sodium: 1448mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
25-35 min.

Cook Within
3 days

Difficulty Level ● □ □
Easy

Spice Level □ □ □
Not Spicy

📌 You will need

Olive Oil, Salt, Pepper, Cooking Spray
Baking Sheet, Mixing Bowl, Large Non-Stick Pan

👑 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



1

Prepare Ingredients and Make Green Goddess Sauce

- Halve **potatoes** lengthwise. Cut into ¼” half-moons.
- Trim **zucchini** ends, halve lengthwise, and cut into ¼” half-moons.
- Mince **garlic**.
- In a mixing bowl, combine **yogurt, basil pesto, 2 Tbsp. water,** and a pinch of **salt**. Set aside.
- Pat **salmon fillets** dry, and season flesh side with ¼ tsp. **salt** and **pepper**.



2

Start the Potatoes

- Place a large non-stick pan over medium-high heat. Add 1 tsp. **olive oil** and **potatoes** to hot pan. Cook undisturbed until lightly browned, 5 minutes.
- Then stir occasionally until well-browned, 3-4 minutes.
- Season with ½ tsp. **salt**. Transfer to half of prepared baking sheet and roast in hot oven, 8 minutes.
- Remove from oven. *Potatoes will finish cooking in a later step.*
- Reserve pan; no need to wipe clean.



3

Start the Salmon

- Return pan used to sear potatoes to medium-high heat.
- Add 1 tsp. **olive oil** and **salmon**, skin side up, to hot pan. Cook undisturbed until browned, 2-4 minutes.



4

Finish the Salmon

- Flip **salmon** and place, skin side down, on other half of prepared baking sheet. Roast until **potatoes** are tender and salmon reaches a minimum internal temperature of 145 degrees, 7-10 minutes.
- Wipe pan clean and reserve.
- While salmon and potatoes roast, cook zucchini.



5

Make the Spanish Zucchini

- Return pan used to sear salmon to medium-high heat.
- Add ½ tsp. **olive oil** and **zucchini** to hot pan. Stir occasionally until lightly brown, 3-4 minutes.
- Add **white wine, garlic,** and **paprika**. Stir often until wine is mostly evaporated, 1-3 minutes.
- Season with a pinch of **salt** and remove from burner.
- Plate dish as pictured on front of card, removing **salmon skin** with a fork, if desired and placing **green goddess sauce** next to salmon. Bon appétit!