



In your box

- 2 Zucchini
- 12 oz. Salmon Fillets
- 1 Jalapeño Pepper
- ½ oz. Cilantro
- 1 Lime
- 1 Yellow Squash
- 1 oz. Queso Fresco
- 1 Tbsp. Chile and Cumin Rub
- 2 Garlic Cloves



Chimichurri Salmon

with zucchini and squash

NUTRITION per serving—Calories: 519, Carbohydrates: 15g, Fat: 35g, Protein: 40g, Sodium: 1244mg.
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 
Medium

🕒 You will need

Olive Oil, Salt, Pepper, Cooking Spray
Mixing Bowl, Baking Sheet, 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 the Ingredients

- Mince **cilantro** (no need to stem).
- Stem **jalapeño**, halve, seed, remove ribs, and mince. *Wash hands and cutting board after working with jalapeño.*
- Halve **lime** and juice.
- Trim **zucchini** and **yellow squash** ends, halve lengthwise, and cut into ½” slices.
- Mince **garlic**.
- Pat **salmon fillets** dry, and season flesh side with a pinch of **salt** and **pepper**.



2

Make the Chimichurri

- Combine **cilantro**, **jalapeño** (to taste), 2 tsp. **lime juice**, **garlic** (to taste), 2 tsp. **olive oil**, 1 Tbsp. **water**, ¼ tsp. **salt**, and a pinch of **pepper** in a mixing bowl. Set aside.



3

Cook the Salmon

- Place a large non-stick pan over medium-high heat and add 1 tsp. **olive oil**. Add **salmon**, skin side up, to hot pan. Sear on one side until golden brown, 2-4 minutes.
- Transfer to prepared baking sheet, seared side up. Roast in hot oven until salmon is firm and reaches a minimum internal temperature of 145 degrees, 7-10 minutes.
- Reserve pan; no need to wipe clean.
- While salmon roasts, cook vegetables.



4

Cook the Vegetables

- Return pan used to sear salmon to medium heat and add 1 tsp. **olive oil**.
- Add **zucchini** and **squash** to hot pan. Stir occasionally until tender, 5-7 minutes.
- Remove from burner and stir in with **chile and cumin rub**, ¼ tsp. **salt**, and a pinch of **pepper**.



5

Finish the Dish

- Plate dish as pictured on front of card, garnishing **salmon** with **chimichurri** and **vegetables** with **queso fresco**.