



In your box

- ¼ oz. Capers
- 1 Lemon
- 2 Zucchini
- 2 Garlic Cloves
- 4 oz. Grape Tomatoes
- .6 oz. Butter
- 1 oz. Grated Parmesan
- ½ oz. Seasoned Croutons

Customize It Options

- 12 oz. Salmon Fillets
- 12 oz. Sirloin Steaks
- 13 oz. Boneless Skinless Chicken Breasts

*Contains: milk, wheat, soy

You will need

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



Salmon with Lemon Piccata Butter and ratatouille zucchini ribbons

NUTRITION per serving—Calories: 633, Carbohydrates: 17g, Fat: 45g, Protein: 44g, Sodium: 1539mg.

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

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

Prep & Cook Time

25-35 min.

Cook Within

3 days

Difficulty Level

Intermediate

Spice Level

Not Spicy

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **400 degrees**
- Set **butter** on counter to soften
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **Parmesan**

Customize It Instructions

- If using **sirloin steaks**, pat dry and season both sides with ¼ tsp. **salt** and a pinch of **pepper**. Follow same instructions as salmon in Step 2, searing 2-3 minutes, then roasting until steaks reach minimum internal temperature, 10-12 minutes.
- If using **chicken breasts**, pat dry and season both sides with ¼ tsp. **salt** and a pinch of **pepper**. Follow same instructions as salmon in Step 2, searing 4-5 minutes, then roasting until chicken reaches minimum internal temperature, 10-12 minutes.

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



1

Prepare the Ingredients

- Using a peeler, shave **zucchini** into long, thin ribbons. When you've peeled to seeds, turn zucchini a quarter turn, and peel again. Continue peeling and turning until only seeds remain. Place ribbons in a bowl or on a plate.
- Coarsely crush **croutons**.
- Halve **lemon** lengthwise. Cut one half into wedges and juice the other half.
- Coarsely chop **capers**.
- Halve **tomatoes**.
- Mince **garlic**.
- Pat **salmon** dry, and season flesh side with ¼ tsp. **salt** and a pinch of **pepper**.



2

Roast the Salmon

- Place a large non-stick pan over medium heat and add 2 tsp. **olive oil**. Add **salmon** to hot pan, skin side up, and sear undisturbed until lightly browned, 2-4 minutes.
- Transfer salmon to prepared baking sheet, skin side down. Reserve pan; no need to wipe clean.
- Roast in hot oven until salmon reaches a minimum internal temperature of 145 degrees, 7-10 minutes.
- While salmon roasts, cook zucchini ribbons.



3

Cook the Zucchini

- Return pan used to sear salmon to medium heat and add 2 tsp. **olive oil**. Add **tomatoes**, **garlic**, ¼ tsp. **salt**, and ¼ cup **water** to hot pan. Bring to a simmer.
- Once simmering, stir occasionally until liquid is reduced by half, 2-3 minutes.
- Stir in **zucchini ribbons** and ¼ tsp. **salt**. Then stir occasionally until tender, 2-3 minutes. *Don't worry if ribbons break while cooking; they'll still be delicious!*
- Remove from burner and stir in half the **Parmesan** (reserve remaining for garnish).



4

Make the Lemon Piccata Butter

- Combine **capers**, **butter**, and ½ tsp. **lemon juice** in a mixing bowl. Set aside.



5

Finish the Dish

- Plate dish as pictured on front of card, topping **salmon** with **lemon piccata butter** and **zucchini ribbons** with remaining **Parmesan** and **croutons**. Squeeze **lemon wedges** over zucchini (to taste). Bon appétit!