

Low Carb: Feta and Herb Crusted Salmon

with Zucchini and Tomatoes



30-40min



2 Servings

What we send

- 10 oz pkg salmon filets ⁴
- 2 oz feta ⁷
- ¼ oz Dijon mustard
- 2 zucchini
- 1 lemon
- 4 oz tzatziki ^{7,15}
- ¼ oz fresh dill
- 6 oz grape tomatoes
- ¼ oz za'atar spice blend ¹¹
- garlic

What you need

- olive oil
- kosher salt & ground pepper

Tools

- rimmed baking sheet

Allergens

Fish (4), Milk (7), Sesame (11), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 0kcal

1. Prep ingredients

Preheat oven to 400° F with a rack in the bottom third. Halve zucchini lengthwise and then cut crosswise into ½-inch thick half moons. Finely grate ¼ teaspoon garlic. Zest half a lemon, cut remaining into wedges. Pat salmon dry and season with salt and pepper.

4. Prep salmon

Flip veggies and toss with 1 tablespoon of the za'atar. Push to one side of the baking sheet so that there is room for the salmon. Drizzle empty side with oil if necessary and add salmon skin side down. Divide the mustard mixture evenly between the two fillets and spread into an even layer. Top each fillet with the feta and dill, pressing lightly so that the cheese sticks.

2. Cook veggies

Add zucchini and tomatoes to a rimmed baking sheet. Toss with 2 tablespoons oil and season with salt and pepper. Roast in oven until just tender and browned on the underside, 12–15 minutes.

5. Cook salmon & serve

Return to oven and cook until fish is medium and feta is melted, 6–8 minutes more.

Spread tzatziki onto plates and place salmon on top; garnish with remaining dill. Serve with roasted veggies on the side. Finish the dish with a squeeze of lemon. Enjoy!

3. Make sauce

Meanwhile, in a small bowl, stir to combine mustard, 1 tablespoon oil, lemon zest, and garlic.

Remove dill fronds from stems and finely chop fronds, discard stems. In a small bowl, crumble feta and add all but 1 tablespoon of the chopped dill. Mix until evenly combined.

6.