



Chimichurri Salmon

with Charred Summer Veggies



20-30min



2 Servings

Healthy doesn't have to mean boring. Here, we crisp up sweet and meaty salmon fillets and serve them with a delicious pile of charred vegetables and vibrant chimichurri sauce. Juicy marinated tomatoes add pops of bright sweetness, while homemade smoked paprika breadcrumbs add a savory crunch. Our readymade herbal chimichurri is a shortcut to big flavor, so this nutritious dinner is on the table before you know it!

What we send

- 1 zucchini
- 1 yellow squash
- 1 red onion
- 1 plum tomato
- 10 oz pkg salmon filets ¹
- 1 Portuguese roll ²
- ¼ oz smoked paprika
- 2 (2 oz) chimichurri sauce

What you need

- olive oil
- kosher salt & ground pepper
- red wine vinegar (or white wine vinegar)

Tools

- rimmed baking sheet
- medium nonstick skillet

Allergens

Fish (1), Wheat (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 1010kcal, Fat 84g, Carbs 32g, Protein 35g



1. Prep ingredients

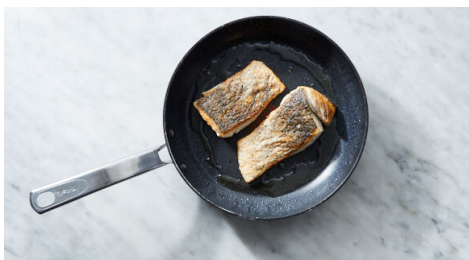
Preheat broiler with racks in the center and upper third.

Halve **zucchini** and **yellow squash** lengthwise and then cut crosswise into ½-inch thick half moons. Halve **onion** and slice into ¼-inch thick wedges.



2. Broil veggies

Add **squash and onions** to rimmed baking sheet and toss with **2 tablespoons oil** and **a pinch each of salt and pepper**. Transfer to upper oven rack and broil until veggies are tender and charred, 10-12 minutes, flipping halfway through. Divide between plates; reserve baking sheet.



4. Sear salmon

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Reduce heat to medium. Add **salmon**, skin-side down; lightly press each filet for 10 seconds. Lower heat to medium; cook until skin is browned and crisp, 4-5 minutes. Flip and cook until just medium, about 1 minute more.



5. Make breadcrumbs

Tear **bread** into small pieces about the size of peas. Toss with **2 tablespoons oil** and **1-2 teaspoons smoked paprika** (depending on taste preference). Transfer to same rimmed baking sheet used to cook veggies and broil on center oven rack until browned, 2-4 minutes (watch carefully as they will burn easily).



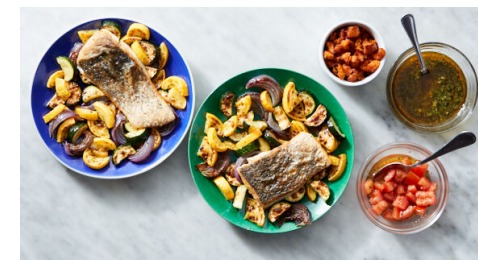
THIS IS A CUSTOMIZED RECIPE STEP

We've tailored the instructions below to match your recipe choices. Happy cooking!

3. Prep tomatoes & fish

Meanwhile, cut **tomato** into ½-inch pieces. In a small bowl, stir to combine **tomatoes, 1 tablespoon oil**, and **1 teaspoon vinegar**. Season to taste with **salt and pepper**; set aside until step 6.

Pat **fish** dry and season with **salt and pepper**.



6. Finish & serve

Place **fish** on top of **charred veggies**. Spoon **some of the chimichurri** over top. Garnish with **marinated tomatoes** and **smoked paprika breadcrumbs**. Enjoy!