



LOW CARB

LOW CALORIE

Salmon Provençal

with Tomatoes, Zucchini & Olives



20-30min



2 Servings

The clean, classic flavors of Provençal-style dishes are timeless. In this example, salmon is roasted alongside zucchini, grape tomatoes, red onion, and briny Kalamata olives. We serve the tasty salmon pan-roast with a squeeze of lemon and a few basil leaves for a bright, fresh finish.

What we send

- 1 medium red onion
- 1 zucchini
- 1 lemon
- 1 container grape tomatoes
- garlic (use 1 large clove)
- 10 oz pkg salmon fillets ⁴
- 1 oz Kalamata olives
- ¼ oz fresh basil

What you need

- olive oil
- kosher salt & ground pepper

Tools

- microplane or grater
- rimmed baking sheet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Fish (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 490kcal, Fat 32g, Carbs 24g, Proteins 34g



1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third. Halve, peel, and cut **all of the onion** into ½-inch thick wedges through the root end. Trim ends from **zucchini**, then halve lengthwise and cut into ½-inch thick half moons. Finely grate **¼ teaspoon lemon zest**; cut lemon into quarters.



4. Roast salmon

Transfer **remaining garlic** to baking sheet, then stir with **vegetables** to combine. Transfer **salmon**, skin-side down, to the baking sheet, then spread **lemon-garlic oil** over top. Roast on upper oven rack until salmon is cooked through and opaque, about 8 minutes.



2. Roast vegetables

Transfer **onions, zucchini, tomatoes**, and **2 of the lemon quarters** to a rimmed baking sheet (save remaining lemon for your own use); toss with **1 tablespoon oil** and season with **salt** and **pepper**. Roast on upper oven rack until vegetables just tender, 10-12 minutes.



5. Prep basil & olives

Meanwhile, coarsely chop **olives**, removing any pits, if necessary. Pick **basil leaves** from stems. Discard stems, then coarsely chop leaves.



3. Prep salmon

Peel and finely chop **1 teaspoon garlic**. Pat **salmon** dry; season with **salt** and **pepper**. In a small bowl, combine **lemon zest**, half of the chopped garlic, and **1 teaspoon oil**. Season with **a pinch each salt and pepper**.



6. Finish & serve

Transfer **olives** and **basil** to the baking sheet, stirring to combine with the vegetables. Using tongs, squeeze the **roasted lemon wedges** over the vegetables; season to taste with **salt** and **pepper**. Drizzle **salmon and vegetables** with a little **olive oil**, and serve. Enjoy!