



Easy Prep! Greek Salmon

with Tzatziki & Garlic-Dill Pita



30-40min



2 Servings

Quick-cooking salmon filets makes for the perfect weeknight supper, especially when it's marinated in lemon zest and fragrant oregano, and then roasted until juicy and browned. We serve this tender fish with roasted zucchini, bright tzatziki sauce, and garlicky toasted pita.

What we send

- 1 lemon
- ¼ oz dried oregano
- 10 oz pkg salmon filets ⁴
- garlic
- 2 zucchini
- ¼ oz fresh dill
- 4 oz tzatziki ^{7,15}
- 2 Mediterranean pitas ^{1,6,11}

What you need

- olive oil
- kosher salt & ground pepper

Tools

- microplane or grater
- rimmed baking sheet

Allergens

Wheat (1), Fish (4), Soy (6), 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 830kcal, Fat 58g, Carbs 44g, Protein 40g



THIS IS A CUSTOMIZED RECIPE STEP

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

1. Marinate salmon

Preheat oven to 450°F with a rack in the upper third. Finely grate **1 teaspoon lemon zest** into a medium bowl. Whisk in **¼ cup oil** and **2 teaspoons oregano**; season with **salt** and **pepper**. Pat **salmon** dry and place on the center of a rimmed baking sheet. Rub salmon with **half of the lemon-oregano oil**. Let marinate until step 3.



4. Roast zucchini

Place **zucchini** around outer edges of baking sheet with salmon. Roast on upper rack until salmon is just medium, and zucchini is tender and browned in spots, 8-12 minutes. Transfer salmon to a plate. Cover loosely with foil and let rest for 5 minutes. Transfer zucchini to plates. Pour **any pan juices** into the bowl with **remaining lemon-oregano oil**.



2. Prep ingredients

Finely grate **½ teaspoon garlic**. Trim **zucchini**, halve crosswise, and cut into ½-inch-thick wedges.

In a medium bowl, combine zucchini, **1 tablespoon oil**, and ¼ teaspoon of the grated garlic. Season with **salt** and **pepper**, and toss to combine.



5. Make garlic bread

Switch oven to broil. In a small bowl, whisk to combine, **1 tablespoon oil** with **remaining grated garlic and chopped dill**; season to taste with **salt** and **pepper**. Place **pitas** on same baking sheet. Broil pitas on upper oven rack until crisp and browned in spots, about 1 minute per side (watch closely, as broilers vary). Brush tops of pitas with **garlic-dill oil**; cut into wedges.



3. Make tzatziki

Finely chop **2 teaspoons dill fronds and tender stems**. Open **tzatziki**, squeeze **2 teaspoons lemon juice** directly into the container. Cut any remaining lemon into wedges. Stir in **1 teaspoon chopped dill** and **1 tablespoon water**; season to taste with **salt** and **pepper**.



6. Finish & serve

Flake **salmon** into pieces using a fork. Arrange salmon and **zucchini** on plates. Drizzle **remaining lemon-oregano oil** and **some of the tzatziki** over top. Serve **garlic pita wedges** alongside, with **remaining tzatziki sauce**, and **any lemon wedges** for squeezing over. Enjoy!