

Low Carb: Feta & Herb Crusted Salmon

with Roasted Zucchini & Tomatoes



30-40min



2 Servings

What we send

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

What you need

- kosher salt & ground pepper
- olive oil

Tools

- microplane or grater
- 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, then cut crosswise into ½-inch thick half moons. Finely grate **¼ teaspoon garlic**. Zest **half of the lemon** and cut remainder of lemon into wedges.

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

4. Prep salmon

Flip **veggies**, toss with **1 tablespoon za'atar**, then push to one side of the baking sheet. Drizzle empty side with oil, if necessary, and add **salmon** skin-side down.

Divide **mustard mixture** evenly between salmon fillets, spreading into an even layer. Top each fillet with **feta and dill mixture**, pressing lightly so that the cheese adheres.

2. Roast 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

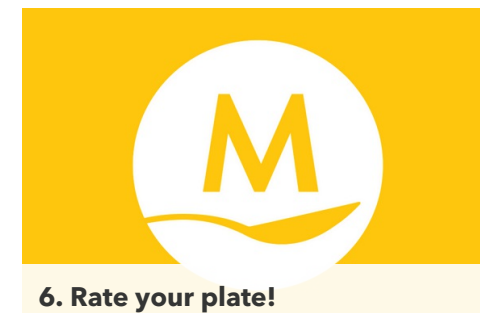
Return to oven and cook until **salmon** is medium and **feta** is melted, 6–8 minutes more.

Spread **tzatziki** onto plates and place **salmon** on top; garnish with **remaining dill**. Serve with **roasted veggies** and **lemon wedges** alongside. Enjoy!

3. Make sauce

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

Remove **dill fronds** from stems and finely chop fronds, discarding stems. In a small bowl, crumble **feta** and add **all but 1 tablespoon of the chopped dill** (save remaining dill for step 5). Mix until evenly combined.



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