



Low-Carb Sheet Pan Feta & Herb-Crusted Salmon

with Roasted Zucchini & Tomatoes



30-40min



2 Servings

We live for simple sheet pan recipes, especially as colorful as this! Za'atar seasoned zucchini and grape tomatoes roast alongside tender salmon. We treat the salmon to not one but two delicious toppings—a tangy spread of Dijon, lemon zest, and garlic and a sprinkling of feta and dill. The roasted salmon and veggies rest on a creamy bed of tzatziki with lemon wedges alongside.

What we send

- 2 zucchini
- garlic
- 1 lemon
- 10 oz pkg salmon filets ¹
- 4 oz grape tomatoes
- ¼ oz Dijon mustard
- ¼ oz fresh dill
- 2 oz feta ²
- ¼ oz za'atar spice blend ³
- 4 oz tzatziki ^{2,4}

What you need

- kosher salt & ground pepper
- olive oil

Tools

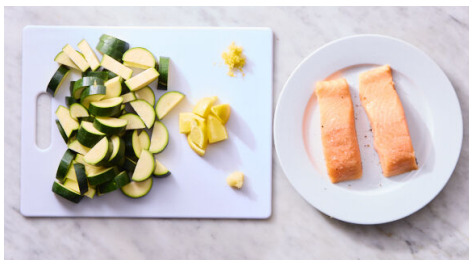
- microplane or grater
- rimmed baking sheet

Allergens

Fish (1), Milk (2), Sesame (3), Tree Nuts (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 680kcal, Fat 53g, Carbs 17g, Protein 39g



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** then cut lemon into wedges.

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



4. Prep salmon

Stir **veggies**, toss with **1 tablespoon za'atar**, then push to 1 side of 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 bottom, 12-15 minutes.



5. Cook salmon & serve

Return to oven and bake 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.



6. Rate your plate!

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