



Za'atar Roasted Wild Salmon

with Feta & Shepherd Salad

 20-30min  2 Servings

Za'atar is a Middle Eastern spice blend, typically containing a savory mix of dried herbs (like thyme and oregano), toasted sesame seeds, ground sumac, and other spices. We use this lively seasoning to form a crust for roasted wild salmon. The fish is served alongside a chopped salad of cucumber, roasted bell peppers, and briny feta cheese.

What we send

- 1 lemon
- 10 oz pkg wild-caught sockeye salmon ¹
- ¼ oz za'atar spice blend ³
- garlic
- 1 bell pepper
- 2 scallions
- 1 cucumber
- 2 oz feta ²

What you need

- olive oil
- kosher salt & ground pepper

Tools

- rimmed baking sheet
- medium skillet

Allergens

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

Nutrition per serving

Calories 430kcal, Fat 29g, Carbs 12g, Protein 37g



1. Prep salmon & lemon

Preheat oven to 400°F with a rack in the center.

Squeeze **2 teaspoons lemon juice** into a medium bowl, then cut any remaining lemon into wedges.

Pat **salmon** dry, then rub with **oil** and season with **salt** and **pepper**.



4. Char peppers

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **peppers** and season with **salt** and **pepper**. Cook, stirring, until just crisp-tender and browned in spots, about 2 minutes. Add **chopped garlic** and cook, stirring, until fragrant, about 30 seconds. Transfer to bowl with **lemon dressing**.



2. Roast salmon

Line a rimmed baking sheet with foil. Add **salmon**, skin side down. Sprinkle with **2 teaspoons za'atar**, gently pressing to help seasoning adhere. Place **lemon wedges** around salmon. Drizzle salmon and lemon with **oil**.

Roast on center oven rack until medium, about 12 minutes.



5. Prep salad

Trim **scallions**, then thinly slice.

Trim **cucumber** (peel if desired), and cut into ½-inch pieces.



3. Prep peppers & garlic

Meanwhile, finely chop **1 teaspoon garlic**. Halve **pepper**, discard stem and seeds, and cut into ½-inch pieces.

To bowl with **lemon juice**, stir in **1 teaspoon water** and **1 tablespoon oil**. Season to taste with **salt** and **pepper**.



6. Finish salad & serve

Add **scallions** and **cucumbers** to bowl with **peppers**, tossing to combine. Crumble **feta** into bowl, then season to taste with **salt** and **pepper**.

Carefully squeeze **roasted lemon wedges** over **za'atar salmon**. Serve with **salad** alongside. Enjoy!