











Carb Smart Creamy Chive Salmon

with Sweet Potato Wedges and Zesty Zucchini

Carb Smart

30 Minutes



-  Salmon Fillets, skinless
-  Zucchini
-  Sweet Potato
-  Sour Cream
-  Lemon
-  Dijon Mustard
-  Chives
-  Vegetable Broth Concentrate

HELLO CHIVES

Add a delicate onion flavour to your dish with this bright green herb!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

Baking sheet, large pan, microplane/zester, measuring spoons, parchment paper, large non-stick pan, paper towels, measuring cups

Ingredients

	2 Person	4 Person
Salmon Fillets, skinless	250 g	500 g
Zucchini	200 g	400 g
Sweet Potato	340 g	680 g
Sour Cream	3 tbsp	6 tbsp
Lemon	1	2
Dijon Mustard	1½ tsp	3 tsp
Chives	7 g	14 g
Vegetable Broth Concentrate	1	2
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 70°C/158°F, as size may vary.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.

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Roast sweet potato wedges

Cut **sweet potatoes** into ½-inch wedges. Toss **sweet potatoes** with **1 tbsp oil** on a parchment-lined baking sheet. Season with **salt and pepper**. Roast in the **middle** of the oven, flipping halfway through, until golden-brown, 22-24 min. (**NOTE:** For 4 ppl, use 2 parchment-lined baking sheets, with 1 tbsp oil per sheet. Roast in the middle and the top of the oven, rotating sheets halfway through.)



Cook zucchini

While **salmon** cooks, heat a large pan over medium-high heat. When hot, add **1 tbsp butter** (dbl for 4 ppl) and swirl to melt. Add **zucchini**, then season with **salt and pepper**. Cook, stirring often, until tender-crisp, 3-4 min. Remove pan from heat, then stir in **lemon zest**.



Prep

While **sweet potato wedges** roast, cut **zucchini** in half lengthwise, then into ½-inch half-moons. Zest **lemon**, then cut into wedges. Thinly slice **chives**. Pat **salmon** dry with paper towels, then season with **salt and pepper**.



Make chive sauce

Return the same pan (from step 3) to medium-high. Add **broth concentrate** and **½ cup water** (dbl for 4 ppl). Bring to a boil and cook until thickened, 3-4 min. Add **1 tbsp butter** (dbl for 4 ppl) and swirl to melt. Remove pan from heat, then stir in **Dijon, sour cream** and **half the chives**. Season with **salt**.



Cook salmon

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **salmon**. Pan-fry until golden-brown and cooked through, 3-4 min per side.** Transfer **salmon** to a plate. Carefully wipe pan clean.



Finish and serve

Divide **zucchini, sweet potato wedges** and **salmon** between plates. Spoon **chive sauce** over **salmon**, then sprinkle with **remaining chives**. Serve **lemon wedges** alongside.

Dinner Solved!