

Athenian Salmon with Roasted Fingerlings

We're putting our favorite Greek ingredients together for a recipe that will transport you to the Attican Peninsula. We're pairing feta, yogurt, cucumbers, capers and olives with salmon and potatoes for a dinner that is both easy and delicious.

30 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Baking Sheet
Mixing Bowl

FROM YOUR PANTRY

Flour (1/4 cup per svg.)
Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Greek Veggie Mix
Feta Crumbles
Yogurt Dill Crema
Fingerling Potatoes
Salmon
Lemon

Make The Meal Your Own

If you ordered the **Carb Conscious** version, we sent you broccoli instead of the potatoes, reducing the **carbs per serving to 33g**. Substitute the broccoli for the potatoes in step 2 and toss with olive oil, salt and pepper. Bake until the broccoli starts to brown, about 16 to 18 minutes.

Health snapshot per serving – 520 Calories, 23g Fat, 41g Protein, 40g Carbs, 11 Smart Points

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Salmon, Fingerling Potatoes, Lemon, Feta, Cucumber, Yogurt, Cream, Sour Cream, Tomato, Red Bell Pepper, Black Olive, Kalamata Olive, Red Onion, Capers, Dill, Oregano

*meez*meals

1. Get Organized

Preheat the oven to 400. Toss the **Greek Veggie Mix, Feta Crumbles,** and **Yogurt Dill Crema** in a mixing bowl and place in the fridge.

2. Make the Salsa

Toss the **Greek Veggie Mix, Feta Crumbles,** and **Yogurt Dill Crema** in a mixing bowl and refrigerate until step 5.

3. Roast the Potatoes

Slice the **Fingerling Potatoes** into ½" wide rounds. Put on a baking sheet and drizzle with olive oil, salt, and pepper. Toss and arrange in a single layer. Bake until they brown and begin to crisp, about 20 to 25 minutes. Transfer directly to serving plates.

4. Cook the Salmon

While the potatoes are cooking, put ½ cup flour on a large plate with a generous pinch of salt and pepper. Pat dry the **Salmon** with a paper towel and coat with the flour, making sure each fillet is coated on both sides.

Heat 2 Tbsp of olive oil in a large skillet over medium-high heat. When the oil is hot, add the salmon and cook until it colors about halfway up the sides, about 3 minutes. Flip and cook an additional 3 minutes. Remove from the heat to rest for 5 minutes.

5. Put It All Together

Serve the salmon over the potatoes with a generous squeeze of **Lemon**. Spoon the salsa on top with additional lemon juice to taste. Enjoy!

*Any kind of flour
will work here:
all-purpose, rice
flour, even
tapioca flour.
Use your favorite.*

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois