

Garlic Parmesan Crusted Salmon

This dinner is all about texture and flavor. Golden, crispy salmon gets a garlicky parmesan crust. It's crunchy on the outside and tender inside. Served over cheesy spinach and sweet roasted butternut squash, then topped with toasted capers and pepitas, it's rich, satisfying, and elegant.

20 *Minutes to the Table*

20 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Large Skillet
Medium Saucepan
Baking Sheet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Egg (1/2 svg)
Butter (1 Tbsp/2 svg)

6 MEEZ CONTAINERS

Salmon
Panko Breading
Butternut Squash
Spinach
Seasoned Cheese Sauce
& Capers & Pepitas

Good to Know

Health snapshot per serving – 660 Calories, 40g Fat, 47g Carbs, 43g Protein, and 16 Freestyle Points.

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

INGREDIENTS: Salmon, Butternut Squash, Spinach, Cream Cheese, Cream, Pepitas, Panko, Mozzarella, Provolone, Parmesan, Lemon, Capers, Basil, Garlic, Onion Powder, Kosher Salt, Paprika, Black Pepper

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1. Prepare and Cook the Salmon

Preheat the oven to 400. Spray or brush a baking sheet with oil. Pat dry the **Salmon** with a paper towel. Whisk 1 egg in a small mixing bowl and spread the **Panko Breading** onto a large plate. Dip each salmon filet into the egg and then press each side into the panko breading and transfer to the oiled baking sheet. Press more panko onto the top of each filet.

Bake until the panko breading is brown and crispy, about 13 to 15 minutes. Remove from the oven and let rest for 3 to 4 minutes before serving as described in step 5.

Try to get as much breading to stick to both sides before placing on the baking sheet.

2. Cook the Squash

While the salmon is baking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Butternut Squash** with a sprinkle of salt and pepper. Cook, stirring occasionally, until the squash starts to crisp and turn brown, about 7 to 8 minutes. Transfer directly to serving plates. Do not wipe out the skillet.

3. Make the Cheesy Spinach

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Spinach** and cook until wilted, about 1 to 2 minutes. Add the **Seasoned Cheese Sauce** and cook until it is warm and coats the spinach entirely, an additional 1 to 2 minutes. Transfer directly to the serving plates on top of the squash. Wipe out the skillet.

4. Toast the Capers and Pepitas

Heat 1 Tbsp olive oil in the now-empty skillet over medium-high heat. When the oil is hot, add the **Capers & Pepitas** and cook until the capers start to pop and the pepitas turn brown, about 2 to 3 minutes. Add 1 Tbsp of butter and continue to cook until the butter starts to brown, an additional 1 to 2 minutes. Remove from the heat.

5. Put It All Together

Serve the breaded salmon on top of the cheesy spinach and squash, then top the entire dish with the brown butter toasted capers & pepitas. Enjoy!

Instructions for two servings.

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