

# Nut-Crusted Salmon with Roasted Zucchini

You won't believe how easy this sophisticated dinner is to prepare. We're putting a carb-conscious spin on baked salmon by topping it with a delicious nut and cauliflower crust and just the right amount of pecorino. Served on top of roasted zucchini and finished with lemon chive dressing. It's simple, sophisticated and naturally low in calories.

**25** *Minutes to the Table*

**15** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Baking Sheet

### FROM YOUR PANTRY

Olive Oil

Salt & Pepper

### 5 MEEZ CONTAINERS

Cauliflower & Nuts

Salmon

Cream Sauce

Zucchini

Lemon Chive Dressing

## Good To Know

**Our salmon is responsibly fished**, so it's free from dyes, antibiotics and any industrial grain-based diets.

**Health snapshot per serving** – 430 Calories, 26g Fat, 12g Carbs, 38g Protein and 4 Freestyle Points

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

INGREDIENTS: Salmon, Zucchini, Cauliflower, Almond, Walnut, Pecorino Romano, Mayonnaise, Buttermilk, Garlic, Chive, Lemon, Onion, Black Pepper

*meez*meals

## 1. Getting Organized

Preheat oven to 400.

## 2. Prepare the Salmon

Spread the **Cauliflower & Nuts** evenly on a large plate.

Coat one side of the **Salmon** with a thick  $\frac{1}{4}$ " to  $\frac{1}{2}$ " layer of the white **Cream Sauce** (the slightly thicker one without the visible green chives).

Put the salmon onto the cauliflower & nuts, cream-side-down. Press down to make sure the crust adheres to the cream, then flip and press the non-cream side into the cauliflower & nuts to create the crust on both sides. Place onto a baking sheet with the cream side up, repeating with each salmon filet.

Leave room on the baking sheet for the zucchini which will get added in step 3, after the salmon is partially cooked.

## 3. Cook the Zucchini and Salmon

Bake the salmon for 8 minutes, then add the **Zucchini** to the baking sheet next to the salmon and drizzle it with olive oil, salt and pepper. Return the salmon and zucchini to the oven and bake until the cauliflower nut crust is golden brown, and the zucchini just starts to sear, about 4 to 5 additional minutes.

## 4. Putting It All Together

Serve the salmon on top of the zucchini and drizzle everything with the **Lemon Chive Dressing**. Enjoy!

*It is important that you create a nice thick layer of cream sauce on the top of the salmon to get the full flavor of the dish.*

*Love this recipe? #meezmagic*

Instructions for two servings  
**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**