

Arugula Pesto Salmon with Parmesan Veggies

Great ingredients lead to a fancy dinner but without a lot of fuss. We're baking salmon with a paprika-and-panko crust and Arugula Pesto sauce for loads of flavor, then serving it alongside sautéed peppers and green beans tossed with grated Parmesan. It's simple, satisfying, and oh so delicious.

20 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Baking Sheet
Large Skillet
Mixing Bowl

FROM YOUR PANTRY

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

6 MEEZ CONTAINERS

Breadcrumbs
Salmon
Paprika Chive Aioli
Green Beans & Red Peppers
Parmesan
Arugula Pesto

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 – 740 Calories, 50g Fat, 25g Carbs, 48g Protein and 18 Freestyle Points

Lightened up health snapshot per serving – 560 Calories, 33g Fat, 22g Carbs and 12 Freestyle Points by using two-thirds of the Parmesan, Paprika Chive Aioli, and Arugula Pesto

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

INGREDIENTS: Salmon, Red Bell Peppers, Green Beans, Parmesan, Mayonnaise, Panko Breadcrumbs, Vegetable Oil, Buttermilk, Arugula, Lemon, Chive, Garlic, Dijon Mustard, Paprika, Sugar

meez meals

1. Getting Organized

Preheat your oven to 400. Spray or brush a baking sheet with oil.

2. Prepare the Salmon

Spread the **Breadcrumbs** on a plate. Pat dry the **Salmon** and coat one side with a ¼" to ½" thick layer of the **Paprika Chive Aioli** (the reddish sauce). Put each piece of salmon onto the breading, aioli side down. Press down to make sure as much of the breading as possible adheres to the salmon. Transfer the salmon to the oiled baking sheet, breading side up. Bake until the crust turns golden brown, about 15 to 17 minutes.

3. Cook the Veggies

While the salmon is cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Green Beans & Red Peppers**, with a sprinkle of salt and pepper. Cook, stirring occasionally, until veggies start to char, about 6 to 8 minutes. Transfer the veggies to a large mixing bowl and toss with the **Parmesan**.

4. Putting It All Together

Serve the salmon next to the veggies and top with the **Arugula Pesto**. Enjoy!

Love this recipe? #meezmagic