



Meal Kit: Honey-Lemon-Garlic Salmon/chicken *with farro & arugula Greek salad*

Ingredients for 4: chicken/salmon, "for the protein" cup (2 tbsp olive oil, 2 tsp Cavender's Greek seasoning, 2 tbsp honey, 2 tbsp red wine vinegar), 3 oz feta, 2 cup cooked farro, "salad dressing" (1 tsp Cavender's Greek seasoning, 3 tbsp olive oil, 4 tbsp white balsamic vinegar, 4 tsp honey), sprig dill, 2 oz arugula, 2/3 of a English cucumber, 1 cup grape tomatoes, small wedge red onion, 4 cloves garlic, 2 lemon

What you'll need: oven, 9x13 oven-safe baking dish, foil, cutting board, knife, large bowl, small dish, tongs, microplane/grater, if using



1 Begin by preheating your oven to 425 degrees F. Lay out all your ingredients and utensils. Place the chicken/salmon in the baking dish.

2 While all salmon fillets look different, some have a thin tail– if yours does, simply tuck it underneath the fillet so it doesn't burn.

3 to make the honey-garlic-lemon sauce, empty the "for the protein" container into a small dish. Be sure to get out all the seasonings and honey.

4 Now open up your veggie bag and take out the garlic cloves. Mince these up nice and small and add to the small dish.

5 Grab one lemon and if you'd like a little lemon zest, use a microplane or small grater and zest a bit of lemon into the dish.

6 squeeze in the juice of 1 lemon to the dish

7 stir well and pour the sauce over the chicken/salmon.

A couple notes...

- You may notice after cooking the garlic with the chicken/fish, it turns slightly green. This is normal– the naturally occurring sulfur compounds undergo a chemical reaction while cooking and sometimes produce a green hue. Again, it's normal and there's nothing wrong with your garlic.
- Yes, you can cook the chicken and salmon together and at the same time.
- If you have the vegetarian option: skip to step 10 and don't forget to rinse and drain your garbanzo beans! The salad can be kept 2-3 days in the fridge and can be prepped ahead.



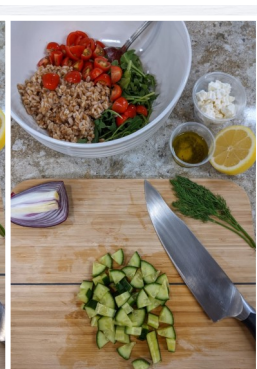
8 be sure to nestle the meats into the sauce, getting the underneath.



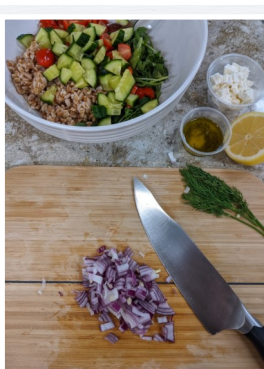
9 Grab the foil and *very* tightly seal up the baking dish. Place in the preheated oven for 15 minutes, covered.



10 Let's make the salad— empty the farro into a large bowl, take out all the veggies and place the arugula in the bowl with the farro. Quarter the tomatoes & place in the bowl



11 Dice the cucumber (no need to peel—I'm using English cucumber which has a very thin and very edible skin!)



12 dice the red onion



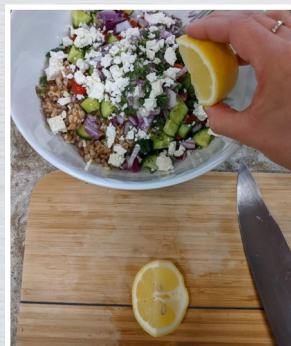
13 finally, mince the fresh dill and add to the bowl with all the other salad ingredients



14 crumble up the feta and add to the bowl



15 shake the "salad dressing" cup and add to the bowl



16 grab the other lemon and cut in half. Squeeze in half lemons worth of juice and save the rest for serving.



17 give the salad a nice toss and place in the refrigerator until ready.



18 after 15 minutes in the oven, take out the chicken/salmon and uncover. Place back in the oven, uncovered, for another 10 minutes.



19 *** if you want to add some color to the top of your chicken/salmon, you may turn on the broiler in the last 2 minutes, keeping a very close eye!!! Chicken should be at 165 degrees F when done. IMMEDIATELY remove from oven and cover very tightly with foil and let sit 5 minutes. Don't skip this step! This is what yields tender and juicy meat.



20 I like to plate up the salmon/chicken and spoon a bit of the cooked sauce over the top! Grab the salad from the fridge, relax and enjoy!

