

## **Mediterranean Herb-Crusted Salmon** *Chef Jean-Pierre Dubois*

*Production Yield: 120 portions*

### **COMPONENT BREAKDOWN:**

**PROTEIN: Herb-Crusted Salmon** *Prep: Score, season, crust application*

*Cook: 14 min @ 350°F convection*

*Internal Temp: 145°F*

Base Ingredients (per portion):

- Atlantic salmon fillet: 110g
- Herb crust mixture: 20g
  - Panko breadcrumbs: 12g
  - Parsley, dried: 2g
  - Dill, dried: 2g
  - Lemon zest: 1g
  - Olive oil: 3g
- Kosher salt: 1.5g
- Black pepper: 0.5g

**STARCH: Lemon Quinoa Pilaf** *Prep: Toast quinoa*

*Cook: 18 min simmer, 5 min rest*

Per Portion:

- Quinoa, dry: 55g
- Vegetable stock: 110g
- Lemon juice: 8g
- Butter: 5g
- Shallots, minced: 10g

**VEGETABLE: Roasted Mediterranean Blend** *Prep: Cut to 1" pieces*

*Cook: 22 min @ 400°F*

Per Portion:

- Zucchini: 35g
- Bell peppers (mixed): 30g
- Cherry tomatoes: 25g
- Red onion: 20g

- Olive oil: 4g
- Herbs de Provence: 1g

**SAUCE: Tzatziki***Prep: Mix, rest 2hr minimum*

Per Portion:

- Greek yogurt: 30g
- Cucumber, grated/drained: 10g
- Lemon juice: 3g
- Garlic, minced: 1g
- Dill, fresh: 1g

**FINAL PORTIONS:**

- Salmon with crust: 130g
- Quinoa pilaf: 170g
- Roasted vegetables: 110g
- Tzatziki: 45g

**ALLERGENS: Fish, Dairy, Gluten**