$x = 5 - u^2 - 4v^2$, $y = u$, $z = v$ where $u^2 + 4v^2 \leq 5$ since $x \geq 0$. Then the associated vector equation is
$\mathbf{r}(u, v) = (5 - u^2 - 4v^2)\,\mathbf{i} + u\,\mathbf{j} + v\,\mathbf{k}$.