



In your box

- 2 Green Onions
- 12 oz. Green Beans
- 2 Garlic Cloves
- 1 Lime
- 1 oz. Roasted Sliced Almonds
- 1 oz. Butter
- 1 ½ tsp. White Miso Paste

Customize It Options

- 12 oz. Salmon Fillets
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 13 oz. Boneless Skinless Chicken Breasts
- 14 oz. USDA Choice New York Strip Steak (1 Steak, Serves 2)
- 16 oz. USDA Choice Boneless Ribeye Steak (1 Steak, Serves 2)

*Contains: milk, soy, tree nuts (almonds)

You will need

- Olive Oil, Salt, Pepper
- Medium Oven-Safe Non-Stick Pan, Large Non-Stick Pan

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

Classic Meal Kit



Salmon with Miso Butter and green beans amandine

NUTRITION per serving—Calories: 595, Carbohydrates: 19g, Sugar: 7g, Fiber: 5g, Protein: 41g, Sodium: 1391mg, Fat: 44g, Saturated Fat: 13g
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

25-35 min.

Cook Within

3 days

Difficulty Level

Intermediate

Spice Level

Not Spicy

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **400 degrees**
- Ingredient(s) used more than once: **green onions**

Customize It Instructions

- If using **chicken breasts**, pat dry and season with a pinch of **salt** and **pepper**. Follow same instructions as salmon in Steps 2 and 3, searing 2-3 minutes, then roasting until chicken reaches minimum internal temperature, 8-10 minutes.
- If using **NY strip steak**, pat dry and season with a pinch of salt and pepper. Follow same instructions as salmon in Steps 2 and 3, searing 2-3 minutes, then roasting until steak reaches minimum internal temperature, 10-12 minutes. Rest, 3 minutes. Halve to serve.
- If using **ribeye**, pat dry and season with a pinch of salt and pepper. Follow same instructions as salmon in Steps 2 and 3, searing 3-4 minutes, then roasting until steak reaches minimum internal temperature, 10-12 minutes. Rest, 3 minutes. Halve to serve.



1. Prepare the Ingredients

- Trim ends off **green beans**.
- Quarter **lime**.
- Trim and thinly slice **green onions**.
- Mince **garlic**.
- Pat **salmon fillets** dry, and season flesh side with ¼ tsp. **salt** and a pinch of **pepper**.



2. Start the Salmon

- Place a medium oven-safe non-stick pan over medium-high heat and add ½ tsp. **olive oil**.
- Add **salmon** to hot pan, skin side up, and sear until lightly browned, 2-4 minutes.



3. Finish the Salmon

- Flip salmon, and place pan in hot oven. Roast until **salmon** reaches a minimum internal temperature of 145 degrees, 7-9 minutes.
- Carefully remove from oven. *Pan will be hot! Use an oven mitt.*
- While salmon roasts, cook green beans.



4. Cook the Green Beans

- Place a large non-stick pan over medium-high heat and add ½ tsp. **olive oil**. Add **garlic** and **almonds** to hot pan and stir until aromatic, 30-45 seconds.
- Add **green beans** and cook, 1 minute.
- Add ¼ cup **water**, ½ tsp. **salt**, and a pinch of **pepper**. Cover, and stir occasionally until tender, 6-8 minutes.
- Set aside 1 Tbsp. **green onions**. Sprinkle remaining green onions over green beans and remove from burner. Transfer green beans to a plate. Reserve pan, no need to wipe clean.



5. Make Miso Butter and Finish Dish

- Return pan used to cook green beans to medium-high heat.
- Add **butter**, reserved **green onions**, and **miso paste** to hot pan. Stir constantly until butter is melted and miso is completely incorporated, 1-2 minutes.
- Remove from burner.
- Plate dish as pictured on front of card, topping **salmon** with miso butter and squeezing **lime wedges** over meal to taste. Bon appétit!