



In your box

- ¼ oz. Parsley
- ½ cup Seasoned Wild Rice Blend
- 4 oz. Grape Tomatoes
- 2 Garlic Cloves
- .3 oz. Butter
- 2 tsp. Grained Dijon Mustard

Customize It Options

- 12 oz. Salmon Fillets
- 12 oz. Sirloin Steaks
- 13 oz. Boneless Skinless Chicken Breasts

*Contains: milk, soy

You will need

- Olive Oil, Salt, Pepper
- Medium Pot, Medium Non-Stick Pan



Staff Pick

Salmon with Brown-Butter Tomato Relish and wild rice

NUTRITION per serving—Calories: 605, Carbohydrates: 38g, Fat: 31g, Protein: 39g, Sodium: 1349mg.

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

Easy

Spice Level

Not Spicy

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- If using fresh produce, thoroughly rinse and pat dry
- Ingredient(s) used more than once: **parsley**

Customize It Instructions

- If using **chicken**, pat dry, and season both sides with a pinch of **salt** and **pepper**. Follow same instructions as salmon in Step 3, cooking until chicken reaches minimum internal temperature, 5-7 minutes per side.
- If using **steak**, pat dry, and season both sides with a pinch of salt and pepper. Follow same instructions as salmon in Step 3, cooking until steak reaches minimum internal temperature, 5-7 minutes per side.

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



1

Cook the Rice

- Bring **wild rice** and 1 ½ cups **water** to a boil in a medium pot. Lower to a simmer, cover, and cook until tender, 20-23 minutes.
- *Simmering liquid should still be slightly bubbling. Don't worry if rice still has "bite" to it; wild rice has a firmer texture than regular rice.*
- Remove from burner, fluff, and set aside covered.
- While rice cooks, prepare ingredients.



2

Prepare the Ingredients

- Halve **tomatoes**.
- Stem and mince **parsley**.
- Mince **garlic**.
- Pat **salmon** dry, and season flesh side with ¼ tsp. **salt** and a pinch of **pepper**.



3

Cook the Salmon

- Place a medium non-stick pan over medium heat. Add 1 tsp. **olive oil** and **salmon**, skin-side up, to hot pan.
- Cook until firm and salmon reaches a minimum internal temperature of 145 degrees, 4-6 minutes per side.
- Transfer salmon to a plate.
- Reserve pan; no need to wipe clean.



4

Make the Tomato Relish

- Return pan used to cook salmon to medium-high heat. Add **butter** and let melt.
- Once melted, continue cooking until butter begins to smell nutty and turns golden brown, 2-3 minutes.
- Add ½ tsp. **olive oil**, **tomatoes**, **garlic**, and half the **parsley** (reserve remaining for garnish). Stir occasionally until tomatoes blister, 1-2 minutes.
- Stir in **mustard** and a pinch of **salt** until thoroughly combined. Remove from burner.



5

Finish the Dish

- Plate dish as pictured on front of card, topping **salmon** with **tomato relish** and garnishing **rice** with remaining **parsley**. Bon appétit!