



In your box
8 oz. Scallops
24 oz. Wild-Caught Alaskan Sockeye Salmon Fillets
8 oz. Jumbo Shrimp



Oven-Ready

Seafood Sampler

includes 4 wild-caught salmon fillets, 8 oz. scallops, and 8 oz. jumbo shrimp

NUTRITION per serving—Calories: 163, Carbohydrates: 1g, Fat: 4g, Protein: 30g, Sodium: 608mg.

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

10-20 min.

Cook Within

3 days

Difficulty Level

Easy

Spice Level

Not Spicy



1

Jumbo Shrimp Instructions

- Pat **jumbo shrimp** dry. We recommend seasoning shrimp with a pinch of salt and pepper.
- Use a large non-stick pan over medium-high heat with 2 tsp. olive oil and cook undisturbed until opaque and shrimp reaches a minimum internal temperature of 145 degrees, 2-3 minutes per side.



2

Salmon Instructions

- Pat **salmon** dry. We recommend seasoning flesh side with $\frac{1}{4}$ tsp. salt and a pinch of pepper.
- Use a large non-stick pan over medium heat with 2 tsp. olive oil. Add salmon, skin side up, to hot pan and sear until golden brown and salmon reaches a minimum internal temperature of 145 degrees, 3-5 minutes per side.



3

Scallop Instructions

- Pat **scallops** dry. We recommend seasoning both sides with $\frac{1}{4}$ tsp. salt and a pinch of pepper.
- Place a large non-stick pan over medium-high heat and add 2 tsp. olive oil. Add scallops to hot pan and cook to a minimum internal temperature of 145 degrees, 1-2 minutes per side.