



**In your box**

24 oz. Mahi-Mahi Fillets  
24 oz. Salmon Fillets  
16 oz. Shrimp



Protein Pack

## Seafood Sampler

includes 4 salmon fillets, 6 mahi-mahi fillets, and 16 oz. shrimp

NUTRITION per serving—Calories: 292, Carbohydrates: 1g, Fat: 13g, Protein: 41g, Sodium: 512mg.

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

### Mahi-Mahi Instructions

- Pat **mahi-mahi** dry. We recommend seasoning both sides with  $\frac{1}{4}$  tsp. salt and a pinch of pepper.
- Place a medium non-stick pan over medium heat and add 1 tsp. **olive oil**. Add mahi-mahi to hot pan. Cook until mahi-mahi reaches desired doneness (medium-rare to well-done), 2-4 minutes per side for medium. *Consuming raw or undercooked mahi-mahi may increase your risk for food-borne illness.*



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, 4-6 minutes per side.



3

### Shrimp Instructions

- Pat **shrimp** dry. We recommend seasoning both sides with a pinch of salt and pepper.
- Place a large non-stick pan over medium-high heat and add 2 tsp. olive oil. Add shrimp to hot pan and cook undisturbed until seared on one side, 2-3 minutes.
- Flip, and cook until shrimp reaches a minimum internal temperature of 145 degrees, 1-2 minutes.