



**In your box**

28 oz. USDA Choice New York Strip  
Steak (Serves 2)

24 oz. Salmon Fillets



Protein Pack

## Surf and Turf Pack

includes 4 salmon fillets and 2 New York strips

NUTRITION per serving—Calories: 332, Carbohydrates: 0g, Fat: 18g, Protein: 40g, Sodium: 174mg.  
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



### New York Strip Steak Instructions

- Pat **NY strip steaks** dry. We recommend seasoning both sides with  $\frac{1}{4}$  tsp. salt and a pinch of pepper.
- Use a large non-stick pan with 2 tsp. olive oil over medium heat and cook to a minimum internal temperature of 145 degrees, 9-11 minutes per side.
- Halve strip steak to serve.
- *For grilling, follow same instructions, heating grill to medium heat and spraying with cooking spray.*



### 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.