



In your box

- 12 oz. Brussels Sprouts
- 1 Lemon
- 1 Lime
- .42 oz. Mayonnaise
- 🔥 2 tsp. Sriracha
- 1 Tbsp. White Miso Paste
- ½ fl. oz. Honey

Customize It Options

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

*Contains: eggs, soy

You will need

Olive Oil, Salt, Pepper, Cooking Spray
Baking Sheet, 2 Mixing Bowls,
Medium Non-Stick Pan

Minimum Internal Protein Temperature

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

Classic Meal Kit



Citrus-Miso Salmon

with bang bang-roasted Brussels sprouts

NUTRITION per serving—Calories: 603, Carbohydrates: 24g, Sugar: 12g, Fiber: 6g, Protein: 40g, Sodium: 1478mg, Fat: 39g, Saturated Fat: 8g
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

30-40 min.

Cook Within

3 days

Difficulty Level

Intermediate

Spice Level

Mild

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **450 degrees**
- Prepare a baking sheet with foil and cooking spray

Customize It Instructions

- If using **chicken breasts**, pat dry and season both sides with a pinch of **salt** and **pepper**. Follow same instructions as salmon in Step 5, cooking until chicken reaches minimum internal temperature, 5-7 minutes per side.
- If using **NY steak strip**, pat dry and season both sides with a pinch of salt and pepper. Follow same instructions as salmon in Step 5, cooking until steak reaches minimum internal temperature, 7-10 minutes per side.
- If using **scallops**, pat dry and season both sides with a pinch of salt and pepper. Follow same instructions as salmon in Step 5, cooking over medium-high heat until scallops reaches minimum internal temperature, 2-3 minutes per side.



1. Prepare the Ingredients

- Trim stems off **Brussels sprouts** and halve vertically (quarter if larger than a ping-pong ball).
- Zest **lemon**, halve, and juice. Zest *only the outside part*; avoid *white pith underneath skin*.
- Zest **lime**, halve, and juice.
- Pat **salmon fillets** dry, and season flesh side with ¼ tsp. **salt** and a pinch of **pepper**.



2. Roast the Brussels Sprouts

- Place **Brussels sprouts** on prepared baking sheet and toss with 1 Tbsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**. Massage oil and seasoning into Brussels sprouts.
- Spread into a single layer, cut-side down, and roast in hot oven until tender and browned, 14-16 minutes.
- While Brussels sprouts roast, make bang bang sauce.



3. Make the Bang Bang Sauce

- In a mixing bowl, combine **mayonnaise** and **Sriracha** (to taste). Set aside.



4. Make the Citrus-Miso Sauce

- In another mixing bowl, add **miso**, **honey**, ¼ tsp. **lemon zest**, and ¼ tsp. **lime zest**. Stir until miso is dissolved and sauce is smooth.
- Stir in 1½ tsp. **lemon juice**, 1½ tsp. **lime juice**, 1 tsp. **olive oil**, and a pinch of **salt** and **pepper** until combined. Set aside.



5. Cook Salmon and Finish Dish

- Place a medium non-stick pan over medium heat and add 1 tsp. **olive oil**. Add **salmon**, skin side up, to hot pan and cook until salmon reaches a minimum internal temperature of 145 degrees, 4-6 minutes per side.
- Remove from burner.
- Plate dish as pictured on front of card, placing **salmon** on **citrus-miso sauce** and garnishing **Brussels sprouts** with **bang bang sauce**. Bon appétit!