



#### In your box

12 oz. Red Potatoes  
.42 oz. Mayonnaise  
1 Lemon  
8 oz. Green Beans  
.6 oz. Garlic & Herb Cheese Spread  
¼ oz. Parsley  
1 oz. Lemon Garlic Herb Butter  
½ tsp. Garlic Salt  
½ oz. Grated Parmesan

#### Customize It Options

12 oz. Salmon Fillets  
12 oz. Wild-Caught Alaskan Sockeye Salmon Fillets  
12 oz. Mahi-Mahi Fillets  
13 oz. Boneless Skinless Chicken Breasts

\*Contains: milk, eggs

#### You will need

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



Culinary Collection

## Salmon and Lemon Herb Beurre Blanc

with roasted green beans and Parmesan red potatoes

NUTRITION per serving—Calories: 750, Carbohydrates: 44g, Fat: 49g, Protein: 44g, Sodium: 1575mg.

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

35-45 min.

Cook Within

3 days

Difficulty Level

Expert

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
- Preheat oven to **425 degrees**
- Prepare a baking sheet with foil and cooking spray

### Customize It Instructions

- If using **wild-caught salmon fillets**, follow same instructions as salmon in Steps 1 and 3, cooking skin-side up first until salmon reaches minimum internal temperature, 3-5 minutes per side.
- If using **chicken breasts**, 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 **mahi-mahi**, pat dry and halve. Season both sides with ¼ tsp. **salt** and a pinch of **pepper**. Follow same instructions as salmon in Step 3, cooking 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.*

Minimum Internal Temperature

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



1

### Prepare the Ingredients

- Cut **potatoes** into 1" wedges.
- Trim ends off **green beans**.
- Stem and coarsely chop **parsley**.
- Halve **lemon** lengthwise. Cut one half into wedges and juice the other half.
- Pat **salmon** dry, and season flesh side with a pinch of **salt** and **pepper**.



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### Roast the Potatoes and Green Beans

- Place **potatoes** on one half of prepared baking sheet and toss with 1 tsp. **olive oil**, **Parmesan**, ¼ tsp. **salt**, and a pinch of **pepper**. Spread into a single layer on their side.
- Place **green beans** on empty half and toss with 1 tsp. olive oil, **garlic salt**, and a pinch of pepper. Spread into a single layer on their side.
- Roast in hot oven until vegetables are tender, 19-21 minutes, flipping potatoes once halfway through.
- While vegetables roast, cook salmon.



3

### Cook the Salmon

- Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**.
- Add **salmon**, skin side up, to hot pan and cook until golden brown and salmon reaches a minimum internal temperature of 145 degrees, 4-6 minutes per side.
- Remove salmon to a plate and tent with foil. Wipe pan clean and reserve.



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### Make the Sauce

- Return pan used to cook salmon to medium-low heat. Add **cheese spread** (crumbling if necessary) and 3 Tbsp. **water** to hot pan and stir constantly until melted and combined, 30-60 seconds.
- Remove from burner. Stir in **mayonnaise**, **butter**, 1 tsp. **water**, ½ tsp. **lemon juice**, and a pinch of **salt** until butter is melted and combined.



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### Finish the Dish

- Plate dish as pictured on front of card, topping **salmon** with **sauce**. Garnish meal with **parsley** and squeeze **lemon wedges** over to taste. Bon appétit!