



In your box

1/4 oz. Capers
1 Lemon
2 Zucchini
1/2 oz. Seasoned Croutons
.6 oz. Butter
1 oz. Grated Parmesan
2 Garlic Cloves
4 oz. Grape Tomatoes

Customize It Options

12 oz. Salmon Fillets
14 oz. USDA Choice New York Strip Steak (1 Steak, Serves 2)
10 oz. Ahi Tuna Steaks

*Contains: milk, wheat, soy

You will need

Olive Oil, Salt, Pepper, Cooking Spray
Baking Sheet, Large Non-Stick Pan, Mixing Bowl

Minimum Internal Protein Temperature

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

Classic Meal Kit



Salmon with Lemon Piccata Butter

and ratatouille zucchini ribbons

NUTRITION per serving—Calories: 620, Carbohydrates: 15g, Sugar: 8g, Fiber: 4g, Protein: 44g, Sodium: 1542mg, Fat: 43g, Saturated Fat: 13g
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
25-35 min.

Cook Within
3 days

Difficulty Level
Intermediate

Spice Level
Not Spicy

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Set **butter** on counter to soften
- Preheat oven to 400 degrees
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **cheese**

Customize It Instructions

- If using **ahi tuna**, pat dry and season both sides with a pinch of **salt** and **pepper**. In Step 2, skip oven, cooking tuna in a hot pan with 1 tsp. **olive oil** until tuna reaches minimum internal temperature, 4-5 minutes per side. Tuna is often enjoyed medium-rare (pink in the middle). For medium-rare, cook 1-2 minutes per side. Consuming raw or undercooked tuna may increase your risk for food-borne illness.
- If using **NY strip steak**, pat dry and season both sides with a pinch of salt and pepper. Follow same instructions as salmon in Step 2, searing undisturbed until browned on one side, 2-3 minutes, then roasting seared side up until steak reaches minimum internal temperature, 10-12 minutes. Rest, 3 minutes. Halve to serve.



1. Prepare the Ingredients

- Using a peeler, shave **zucchini** into long, thin ribbons. When you've peeled to seeds, turn zucchini a quarter turn, and peel again. Continue peeling and turning until only seeds remain.
- Coarsely crush **crotons**.
- Halve **lemon** lengthwise. Cut one half into wedges and juice the other half.
- Coarsely chop **capers**.
- Halve **tomatoes**.
- Mince **garlic**.
- Pat **salmon** dry, and season flesh side with $\frac{1}{4}$ tsp. **salt** and a pinch of **pepper**.



4. Cook the Zucchini Ribbons

- Return pan used to sear salmon to medium heat and add 2 tsp. **olive oil**. Add **tomatoes**, **garlic**, $\frac{1}{4}$ tsp. **salt**, and $\frac{1}{4}$ cup **water** to hot pan. Bring to a simmer.
- Once simmering, stir occasionally until liquid is reduced by half, 2-3 minutes.
- Stir in **zucchini ribbons** and $\frac{1}{4}$ tsp. salt. Then stir occasionally until tender, 2-3 minutes.
- Don't worry if ribbons break while cooking; they'll still be delicious!
- Remove from burner and stir in half the **cheese** (reserve remaining for garnish).

2. Roast the Salmon

- Place a large non-stick pan over medium heat and add 1 tsp. **olive oil**. Add **salmon** to hot pan, skin side up, and sear undisturbed until lightly browned, 2-4 minutes.
- Transfer salmon to prepared baking sheet, skin side down. Reserve pan; no need to wipe clean.
- Roast in hot oven until salmon reaches a minimum internal temperature of 145 degrees, 7-10 minutes.
- While salmon roasts, make lemon piccata butter.



3. Make the Lemon Piccata Butter

- Combine **capers**, softened **butter**, and $\frac{1}{2}$ tsp. **lemon juice** in a mixing bowl. Set aside.



5. Finish the Dish

- Plate dish as pictured on front of card, topping **salmon** with **lemon piccata butter**, and **zucchini ribbons** with remaining **cheese** and **crotons**. Squeeze **lemon wedges** over zucchini to taste. Bon appétit!