



In your box

- 2 Garlic Cloves
- 1 tsp. Garlic Pepper
- 4 oz. Grape Tomatoes
- 2 Green Onions
- 4 fl. oz. Cream Sauce Base
- 6 oz. Gemelli Pasta
- ½ oz. Grated Parmesan
- 2 oz. Baby Spinach

Customize It Options

- 12 oz. Salmon Fillets
- 12 oz. Filets Mignon
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 13 oz. Boneless Skinless Chicken Breasts
- 10 oz. Ahi Tuna Steaks

*Contains: milk, wheat

You will need

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

Minimum Internal Protein Temperature

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

Culinary Collection



Blistered-Tomato Salmon

with creamy spinach gemelli

NUTRITION per serving—Calories: 919, Carbohydrates: 74g, Sugar: 8g, Fiber: 4g, Protein: 52g, Sodium: 1420mg, Fat: 45g, Saturated Fat: 15g
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

50-60 min.

Cook Within

3 days

Difficulty Level

Expert

Spice Level

Not Spicy

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **400 degrees**
- Bring 4 cups **water** to a boil in a medium pot
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **green onions**

Customize It Instructions

- If using a protein, pat dry, and season both sides with a pinch of **salt** and **pepper**.
- If using **ahi tuna**, place a medium non-stick pan over medium-high heat and add 1 tsp. **olive oil**. Add **tuna** and cook 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 **filets mignon**, follow same instructions as salmon in Step 3, searing on one side until browned, 2-3 minutes, then roasting until steaks reach minimum internal temperature, 12-14 minutes. Rest, 3 minutes.
- If using **chicken breasts**, pat dry and season with a pinch of salt and pepper. Follow same instructions as salmon in Step 3, searing on one side until browned, 2-3 minutes, then roasting until chicken reaches minimum internal temperature, 10-12 minutes.



1. Prepare the Ingredients

- Coarsely chop **spinach**.
- Trim **green onions** and thinly slice on an angle, keeping white and green portions separate.
- Halve **tomatoes**.
- Mince **garlic**.
- Pat **salmon** dry, and season flesh side with a pinch of **salt** and **pepper**.



2. Make the Creamy Spinach Gemelli

- Once **water** is boiling, add **pasta** and cook until al dente, 12-13 minutes.
- Reserve ¼ cup **pasta cooking water**. Drain pasta in a colander.
- Return pot used to cook pasta to medium-high heat with 1 tsp. **olive oil**. Add **spinach**, **seasoning blend**, and ¼ tsp. **salt** to hot pot. Cook until spinach is wilted, 30-60 seconds.
- Add pasta cooking water, **cream base**, **Parmesan**, and a pinch of salt. Bring to a simmer.
- Once simmering, cook until thickened, 2-3 minutes.
- Remove from burner and stir in pasta.



3. Cook the Salmon

- Place a large non-stick pan over medium-high heat. Add 1 tsp. **olive oil** and **salmon**, skin side up, to hot pan. Sear on one side until golden brown, 2-4 minutes.
- Transfer to prepared baking sheet, seared side up. Wipe pan clean and reserve.
- Roast in hot oven until salmon is firm and reaches a minimum internal temperature of 145 degrees, 7-10 minutes.
- While salmon roasts, make topping.



4. Make the Topping

- Return pan used to cook salmon to medium-high heat and add 1 tsp. **olive oil**. Add **garlic** and **white portions of green onions** to hot pan and stir often until aromatic, 30-45 seconds.
- Add **tomatoes** and a pinch of **salt** and **pepper**. Stir often, breaking up tomatoes, until blistered and breaking apart, 4-5 minutes.
- Remove from burner.



5. Finish the Dish

- Plate dish as pictured on front of card, garnishing **salmon** with **topping** and **green portions of green onions**. Bon appétit!