



**In your box**

36 oz. Salmon Fillets  
24 oz. Mahi-Mahi Fillets



Protein Pack

## Seafood Sampler

includes 6 salmon fillets and 6 mahi-mahi fillets

NUTRITION per serving—Calories: 338, Carbohydrates: 0g, Fat: 18g, Protein: 42g, Sodium: 249mg.  
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



### Mahi-Mahi Instructions

- Pat **mahi-mahi** 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-high heat and cook 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.

### 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.