



In your box
24 oz. Salmon Fillets
16 oz. Shrimp
24 oz. Mahi-Mahi Fillets



Protein Pack

Seafood Sampler

includes 4 salmon fillets, 6 mahi-mahi fillets, and 16 oz. shrimp

NUTRITION per serving—Calories: 289, Carbohydrates: 1g, Fat: 13g, Protein: 41g, Sodium: 512mg.

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 to a minimum internal temperature of 145 degrees, 3-5 minutes per side.



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.



Shrimp Instructions

- Pat **shrimp** dry. We recommend seasoning both sides with a pinch of salt and pepper.
- Place a large non-stick pan over medium-high heat and add 2 tsp. olive oil. Add shrimp to hot pan and cook undisturbed until seared on one side, 2-3 minutes.
- Flip, and cook until shrimp reaches a minimum internal temperature of 145 degrees, 1-2 minutes.