



In your box

- 5 oz. Asparagus
- 1 tsp. Lemon & Herb Seasoning
- 4 oz. Cremini Mushrooms
- .9 oz. Butter
- 1 Lemon
- 4 oz. Orzo Pasta
- ¼ oz. Parsley
- ½ oz. Hazelnut Pieces

Customize It Options

- 12 oz. Salmon Fillets
- 13 oz. Boneless Skinless Chicken Breasts
- 16 oz. USDA Choice Boneless Ribeye Steak (1 Steak, Serves 2)

*Contains: milk, wheat, tree nuts (hazelnuts)

You will need

- Olive Oil, Salt, Pepper
- Medium Pot, Wire-Mesh Strainer, Medium Non-Stick Pan

Minimum Internal Protein Temperature

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

Culinary Collection



Salmon with Hazelnut Brown Butter Sauce and lemon asparagus orzo

NUTRITION per serving—Calories: 810, Carbohydrates: 51g, Sugar: 5g, Fiber: 5g, Protein: 46g, Sodium: 1550mg, Fat: 48g, Saturated Fat: 12g
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

30-40 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
- Bring 8 cups **water** and 2 tsp. **salt** to a boil in a medium pot
- Ingredient(s) used more than once: **orzo cooking water**



1. Cook the Orzo

- Once **water** is boiling, add **orzo** and cook until al dente, 4-5 minutes.
- Reserve 1 cup **orzo cooking water**. Drain orzo in a wire-mesh strainer and set aside.
- Reserve pot; no need to wipe clean.
- While orzo cooks, prepare ingredients.



2. Prepare the Ingredients

- Mince **parsley**, leaves and stems.
- Trim woody ends off **asparagus** and cut into 2" lengths.
- Zest and halve **lemon**. Cut one half into wedges and juice the other half.
- Cut **mushrooms** into ¼" slices.
- Pat **salmon fillets** dry, and season flesh side with ¼ tsp. **salt** and a pinch of **pepper**.

Customize It Instructions

- If using **chicken breasts**, pat dry and season both sides with ¼ tsp. **salt** and a pinch of **pepper**. Follow same instructions as salmon in Step 3, cooking until chicken reaches minimum internal temperature, 5-7 minutes per side.
- If using **ribeye**, pat dry and season both sides with ¼ tsp. **salt** and a pinch of **pepper**. Follow same instructions as salmon in Step 3, cooking undisturbed until browned and steak reaches minimum internal temperature, 4-6 minutes per side. Rest, 3 minutes. Halve to serve.



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 sear 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. Reserve pan; no need to wipe clean.



4. Finish the Orzo

- Return pot used to cook orzo to medium-high heat and add 2 tsp. **olive oil**. Add **mushrooms** to hot pot and cook undisturbed until lightly browned, 3-4 minutes.
- Add, **asparagus**, **seasoning blend**, ¼ tsp. **salt**, and a pinch of **pepper**. Stir occasionally until mushrooms are tender, 1-2 minutes.
- Add ½ cup reserved **orzo cooking water** (reserve remaining for sauce). Stir occasionally until asparagus is tender, 3-4 minutes.
- Stir in **orzo** and remove from burner. Cover and set aside.



5. Make Sauce and Finish Dish

- Return pan used to cook salmon to medium heat. Add **butter** to hot pan and cook until butter is melted, browned, and smells "nutty," 1-2 minutes.
- Stir in **hazelnuts**, 1 Tbsp. **lemon juice**, 1 tsp. **lemon zest**, ¼ cup reserved **orzo cooking water**, and a pinch of **salt**. Bring to a boil. Once boiling, stir occasionally until slightly thickened, 2-3 minutes.
- Remove from burner and stir in **parsley**.
- Plate dish as pictured on front of card, topping **salmon** with sauce. Squeeze **lemon wedges** over dish to taste. Bon appétit!