



### In your box

- .6 oz. Butter
- 2 Green Onions
- 2 Zucchini
- 4 oz. Grape Tomatoes
- 1 tsp. Citrus Mojo Rub
- ½ fl. oz. Honey
- ¼ tsp. Red Pepper Flakes

### Customize It Options

- 12 oz. Salmon Fillets
- 16 oz. USDA Choice Boneless Ribeye Steak (1 Steak, Serves 2)
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 10 oz. Ahi Tuna Steaks
- 13 oz. Boneless Skinless Chicken Breasts

\*Contains: milk

### 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



## Hot Honey Salmon

with zucchini and tomatoes

NUTRITION per serving—Calories: 555, Carbohydrates: 17g, Sugar: 13g, Fiber: 3g, Protein: 38g, Sodium: 1109mg, Fat: 37g, Saturated Fat: 10g  
 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

**Mild**

## 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**
- Set **butter** on counter to soften
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **green onions**

## Customize It Instructions

- If using **chicken**, pat dry and season both sides with a pinch of **salt** and **pepper**. Follow same instructions as salmon in Steps 2 and 3, searing on one side, 4-5 minutes, then roasting until chicken reaches minimum internal temperature, 10-12 minutes.
- If using **ribeye**, pat dry and season both sides with a pinch of salt and pepper. Follow same instructions as salmon in Steps 2 and 3, searing on one side, 3-4 minutes, then roasting until steak reaches minimum internal temperature, 10-12 minutes. Rest, 3 minutes. Halve to serve.
- If using **tuna**, pat dry and season both sides with a pinch of salt and pepper. Follow same instructions as salmon in Step 2, cooking until tuna reaches minimum internal temperature, 4-5 minutes per side (no need to use oven). 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.



### 1. Prepare the Ingredients

- Trim **zucchini** ends, halve lengthwise, and cut on an angle into 1/2" pieces.
- Halve **tomatoes**.
- Trim and slice white portions of **green onions** into 1" lengths. Thinly slice remaining green portions on an angle, keeping white and green portions separate.
- Pat **salmon fillets** dry, and season flesh side with a pinch of **salt** and **pepper**.



### 2. Sear 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 salmon to prepared baking sheet, skin side down. Wipe pan clean and reserve.



### 3. Roast the Salmon

- Roast **salmon** in hot oven until firm and salmon reaches a minimum internal temperature of 145 degrees, 7-10 minutes.
- While salmon roasts, make hot honey butter.



### 4. Make the Hot Honey Butter

- Add **softened butter**, **honey**, **red pepper flakes** (to taste), and a pinch of **salt** to a mixing bowl and stir until combined and smooth. Set aside.



### 5. Cook Vegetables and Finish Dish

- Return pan used to sear salmon to medium-high heat. Add 2 tsp. **olive oil** and **zucchini** to hot pan. Stir occasionally until zucchini is browned and tender, 3-5 minutes.
- Add **tomatoes**, **white portions of green onions**, and a pinch of **salt**. Cook until tomatoes are tender, 2-3 minutes.
- Stir in 1/4 tsp. **salt** and **seasoning rub**. Remove from burner.
- Plate dish as pictured on front of card, topping **salmon** with **hot honey butter** and garnishing vegetables with **green portions of green onions**. Bon appétit!